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ABSTRACT

This guide includes information on cross country running, pentathlon scoring tables, and rules for intercollegiate meets and championships, following an introductory portion on the organization's credo and standards. The first section covers track activities for children, coaching techniques, the benefits of weight training, and some practical information for meet directors. It also includes print and nonprint subject bibliographies. The next portion deals with concerns of the officiating services area, such as the establishment of executive boards and boards of officials, standards for official ratings, track and field study questions, and techniques for officiating and conducting meets. The official rules for girls and women are presented along with scoring tables, metric and English distance equivalents, performance record forms of the Division of Girls and Women's Sports, and a glossary of field and track terms. (BBB/CCM)

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Track and Field
GUIDE

INCLUDING CROSS COUNTRY, PENTATHLON SCORING TABLES AND RULES FOR NTERCOLLEGIATE MEETS AND CHAMPIONSHIPS

JANUARY 1974 – JANUARY 1976

With Official Rules

Editor
Donnis H. Thompson, Ed.D.

SP 007 628

THE DIVISION FOR GIRLS AND WOMEN'S SPORTS
American Association for Health, Physical Education, and Recreation

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DIVISION FOR GIRLS AND WOMEN'S SPORTS

The Division for Girls and Women's Sports is a nonprofit educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of eight divisions of the American Association for Health, Physical Education and Recreation. Active members of the Division are women members of the American Association for Health, Physical Education, and Recreation who are interested in sports for girls and women and who participate in the work of the Division. These women are professional leaders in schools, colleges, community centers, industrial plants, military services, public and private clubs, and agencies.

The purpose of the Division for Girls and Women's Sports is to foster the development of sports programs for the enrichment of the life of the participant.

The Division for Girls and Women's Sports attempts to promote desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating of officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the SGOR Associate Chairman-elect, whose name and address appear on page 16.

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*You may serve on only one Sport Guide Committee at a time.

DGWS STATEMENT OF BELIEFS

We believe that opportunities for instruction and participation in sports should be included in the educational experiences of every girl. Sports are an integral part of the culture in which we live. Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

We believe that sports opportunities at all levels of skill should be available to girls and women who wish to take advantage of these experiences. Competition and cooperation may be demonstrated in all sports programs although the type and intensity of the competition will vary with the degree or level of skill of the participants. An understanding of the relationship between competition and cooperation and of how to utilize both within the accepted framework of our society is one of the desirable outcomes of sports participation.

We believe in the importance of physical activity in the maintenance of the general health of the participant.

We believe that participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relations.

For these reasons, we *believe* that girls and women of all ages should be provided with comprehensive school and community programs of sports and recreation. In addition, they should be strongly and actively encouraged to take part in such programs.

PROGRAM

We believe that sports programs for girls and women should be broad, varied, and planned for participants at differing levels of skill. There should be full awareness of the wide span of individual differences so that all types, ages, and skill levels are considered in the planning of sports programs. In conducting the various phases of sports programs, principles must guide action. These principles should be based on the latest and soundest knowledge regarding

1. Growth and development factors
2. Motor learning
3. Social and individual maturation and adjustment
4. The values of sports participation as recognized in our culture.

Elementary Schools (grades 1-6)

We believe in planned, comprehensive, and balanced programs of physical education for every girl in the elementary program. These

should provide experiences in basic movements – for example, skipping and simple dance steps, bending, reaching, and climbing – and in a wide variety of activities which require basic sport skills such as catching, throwing, batting, and kicking.

We believe that intramural sports experiences in appropriately modified sports activities should supplement an instructional program for girls in grades 4, 5, and 6, and that in most cases these experiences will be sufficiently stimulating and competitive for the highly skilled girl. We believe extramural sports activities, if included in the upper elementary grades, should be limited to occasional play days (sports groups or teams composed of representatives from several schools or units), sports days, and invitational events.

Secondary Schools (grades 7-12)

We believe that in secondary schools a program of intramural and extramural participation should be arranged to augment a sound and comprehensive instructional program in physical education for all girls. Extramural programs should be organized to supplement broad instructional and intramural programs provided sufficient time, facilities, and personnel are available for these additional programs.

Colleges and Universities

We believe that college and university instructional programs should go beyond those activities usually included in the high school program. There should be opportunities to explore and develop skills in a variety of activities, with emphasis on individual sports. It is desirable that opportunities for extramural experiences beyond the intramural program be accessible to the highly skilled young women who wish these opportunities.

Forms of Competition

Intramural competition is sports competition in which all participants are identified with the same school, community center, club, organization, institution, or industry, or are residents of a designated small neighborhood or community.

Extramural competition is a plan of sports competition in which participants from two or more schools, community centers, clubs, organizations, institutions, industries, or neighborhoods compete. The forms of extramural competition include

1. Sports days – school or sports group participates as a unit
2. Telegraphic meets – results are compared by wire or mail
3. Invitational events – symposiums, games, or matches to which a school or sports group invites one or more teams or individuals to participate.
4. Interscholastic, intercollegiate, or interagency programs – groups which are trained and coached play a series of scheduled games

and/or tournaments with like teams from other schools, cities, or organizations.

International Competition involves players from different nations and provides sports experiences for individuals or groups with exceptional ability and emotional maturity. This type of competition under some conditions could include secondary school girls, but usually it is planned for more mature participants.

Corecreational activities are designed to give boys and girls opportunities to participate on the same team against a team of like composition, provided the activities do not involve body contact. The basis for formation of teams should be to promote good team play. While positive experiences for the exceptional girl competitor may occur through participation in boys or men's competitive groups, these instances are rare and should be judged acceptable only as an interim procedure for use until girls programs can be initiated.

ADMINISTRATION

We believe that certain *safeguards* should be provided to protect the health and well-being of participants. Adequate health and insurance protection should be secured by the institution. First aid services and emergency medical care should be available during all scheduled interscholastic sports events. Qualified professional leaders should ensure a proper period for conditioning of players, a safe environment including equipment and facilities, a schedule with a limited number of games, and similar measures.

We believe that sports *officiating* should be the responsibility of those who know and use DGWS approved rules. Officials should hold current ratings in those sports in which ratings are given.

We believe that the entire *financing* of girls and women's sports programs should be included in the total school budget. It is suggested that income be handled as a regular school income item.

We believe that the *scheduling* of sports activities for girls and women should be in accordance with their needs and that their schedule should not be required to conform to a league schedule established for boys and men's sports.

We believe that excellence of achievement should be given *recognition* and that the intrinsic values which accrue from the pursuit of excellence are of primary importance. We believe that, when awards are given, they should be inexpensive tokens of a symbolic type, such as ribbons, letters, and small pins.

We believe that expert teaching and quality programs generate their own best *public relations*. It is suggested that an effective plan be developed for interpreting the values of the sports program to parents, teachers in other fields, and interested members of the

school or college community, including the press. A procedure which has proved successful is to invite key groups to a selection of demonstrations and sports events at different levels, so that they may see effective programs in action.

LEADERSHIP

We believe that good leadership is essential to the desirable conduct of the sports program. The qualified leader meets the standards set by the profession, including an understanding of (1) the place and purpose of sports in education, (2) the growth and development of children and youth, (3) the effects of exercise on the human organism, (4) first aid and accident prevention, (5) understanding of specific skills, and (6) sound teaching methods. Personal experience in organized extramural competition is desirable for the young woman planning to become a leader or teacher of women's sports. The leader should demonstrate personal integrity and a primary concern for the welfare of the participant.

POLICY-MAKING

And finally, we believe that all leaders, teachers, and coaches of girls and women's sports should be encouraged to take an active part in the policy decisions which affect planning, organizing, and conducting sports programs for girls and women. Leaders should make sure that qualified women are appointed to the governing sports bodies at all levels – local, state, national, and international – to ensure that programs are in the best interest of those who participate.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by–

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitations of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

The various services are offered by committees. All requests for information of services should be addressed to the chairman of the committee into whose field of work the inquiry falls. Inquiries which cannot be readily classified should be addressed to the DGWS vice-president.

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President-elect: LEOTUS MORRISON, Madison College, Harrisonburg, VA 22801

LIAISON–Maintains relationships with allied national sports organizations.
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NATIONAL INTRAMURAL SPORTS COUNCIL–A joint council of DGWS and DMA to provide leadership to initiate and to improve intramural programs at all educational levels.
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OFFICIATING SERVICES AREA–Tests and rates women officials; directs policies of local boards.
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SPECIAL PUBLICATIONS–see inside back cover.

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EDITORIAL COMMENT

This *Guide* is unique in that the division of responsibilities for its preparation has been allocated to newly-formed committees. The rules have been revised and are written by a specially-appointed Sports Guides and Official Rules committee. This committee has had an in-depth look at the competitive scene and physical education programs and has brought forth changes which are highly functional for our contemporary teaching and competitive needs.

For the past two years, another specific group has observed the interest of coaches and athletes at the intercollegiate level and has prepared a section to this *Guide* which concerns itself with Official Rules for Intercollegiate Meets and Championships. This section is in keeping with the sophisticated competition which we wish our intercollegiate competitive program to foster.

In addition, this *Guide* contains a Pentathlon Scoring Table which previously has been difficult to obtain. The coach and teacher now have available these tables which will allow the interpolation of performance scores into more meaningful comparisons.

Our committees have worked diligently to bring this *Guide* to the excellence expected by teachers, coaches, students and athletes. The continued interest and enthusiasm have made our work enjoyable and fully worthwhile these two years. It is with pleasure that our Guide Committees present this *Guide* to the girls and women in track and field throughout the nation.

Donnis H. Thompson
Editor

Developmental Track Activities For The Child

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SUE K. HANSON

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Learning to play games and sports has long served as the focal point in the selection of activities for children. It was generally believed that the child would develop, through mere participation, that level of proficiency of which she was genetically capable in each movement pattern. The importance of early opportunities for physical activity was overlooked for young children who were not mature enough to perform successfully in the adult forms of sports popular with young adults.

The focal point in activity selection has been changing gradually in favor of an approach based on the needs of the growing child. Knowledge of child development has altered many of our beliefs about the movement experiences most valuable for our youth.

That a child's genetic inheritance dictates her potential developmental limits is still commonly accepted. However, the role of the environment in promoting the approach to these immutable limits is now becoming increasingly clear. The role of physical activity during the formative years is also being clarified and should be of special interest to coaches and educators.

Motor activity promotes a feeling of well-being toward movement *naturally* during the period of early childhood. It is therefore critical that the child not be overprotected during this age. The basic movement patterns such as walking, running, jumping, bending, turning, throwing, etc., evolve and develop during these early ages, providing there is ample opportunity for practice. In addition, the

practice of these and other movement patterns will aid in the refinement of such motor abilities as balance, coordination and timing. Children of this age will normally be quite active without instigation; however, they should be encouraged to attempt a wide variety of movement patterns with varying directions, speeds, and accents. Most children will develop some rudimentary form of the innate movement patterns, even if their opportunities for development are minimal; however, the attainment of more advanced forms may never occur in many children and, in fact, may not occur even by adulthood.

Because they are incompletely developed, the innate run, jump, leap and throw patterns as found in young children should be modified to accomplish specific track and field skills efficiently and effectively. The refinement of these patterns can be affected greatly by early exploratory experiences and by a dynamic elementary school physical education program which incorporates progressions based on developmental principles.

The leap, the forerunner of hurdling, is an exaggerated running step and might serve as an example. The weight is shifted from one foot to the opposite foot and there is a time of flight when neither foot is in contact with the ground. This pattern may be modified to leaping for distance or for height by providing situations which will elicit the desired response. The child can progress from running over "cracks in the sidewalk" to leaping across a "river" made by two 1" wide rubber (non-skid) strips. As the performer's ability increases, the strips should be moved farther and farther apart to encourage the child to increase her push off, the speed of hip flexion and knee extension. To elicit the leap for height, the child can be challenged by a small obstacle, such as a plastic bleach bottle, and then by a broom handle placed across two 12" blocks. A system for gradually increasing the height may be devised by using two homemade wooden standards (about 36" high) and a long rope. Holes should be drilled in each standard every two inches and the measurement from the floor marked. Large nails or pegs may be placed in the desired holes and then a rope, with a bean bag tied to each end, may be draped across the nails. The rope should be raised as children's skill increases, or several sets of standards may be arranged at varying heights so that individuals may select the appropriate challenge. A circuit of "hurdles" may be arranged to allow the children to leap continuously and to develop a specific rhythm over the carefully spaced obstacles.

When determining practice situations for children, there are two important factors to be considered: 1) the analysis of a mature, effective performance; and 2) the apparent natural development of the skill in the young child. With these in mind, encourage the child

to lean forward as she leaps, check to be sure she does not lead with the chin for this will extend the back, have her land lightly on the ball of her foot with "easy" hips, knees and ankles, and use her arms in opposition with her legs. The child will quite possibly change her natural leaping pattern as the challenge becomes greater. She may incorrectly rotate medially at the hip without abducting. The knee will then flex and the foot swing out horizontally to the side. This action may be seen on both sides, not only with the trailing leg. A more effective pattern should be encouraged by asking the child to be a "knee lifter" instead of a "leg swinger." The upper elementary school child may use specific take-off and landing distances which can be marked by use of the rubber strips.

Since the rudimentary form of this skill is present before the child is four years old, there is a definite need to provide opportunities for practice many years prior to its usual introduction if the skill is to reach its full potential in the individual.

Patterns of development have been identified for many other innate movements. Thus, when planning a program of developmental track activities, one should select the activity and structure it to meet the needs of the individual child. A child moves from one level of development to another. Even while the child is perfecting one motor pattern, anatomical and motor changes are taking place which will serve as the foundation for patterns to be acquired later. The maturational period when an individual is most susceptible to change varies; however, learning appears to be most efficient when a pattern of movement appears in its natural sequence.

Many references are available that list specific guidelines and developmental norms. It should be remembered that, although children follow similar sequences of development, departures from the mean do not necessarily denote abnormalities. Norms should serve only as a point of reference. The only valid benchmarks are the child's previous accomplishments.

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Coaching the Stand-Up Start

SHEILA BANKS

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Introduction

Today with the excellent conditioning program for runners, it is of significant interest to athletes and coaches to find a means by which the time barriers in the sprinting events may be broken. In order for track and field performances to improve, athletes and professionals knowledgeable in the area of mechanics must continue to experiment with new ideas and techniques.

The Stand-Up Start

Originally, the athlete using the Stand-Up Start did so without the use of starting blocks. However, it was soon discovered that the sprinter needed additional force at the start, resulting in the need for starting blocks. Some sprinters use the conventional blocks, but others have discovered that a special block is necessary, one in which the angle of blocks is altered so that both feet are able to achieve optimum force and thus place the sprinter immediately into running position. The Set position lowers the center of gravity so that the legs are bent 90 degrees and the body weight slightly forward, thereby minimizing the degree of inertia required to produce movement. The arms are placed in opposition to the legs and, as the gun fires, a quick exchange of the arms will assist the sprinter's drive from the blocks.

Value of the Stand-Up Start

Many athletes arrive with minimal or perhaps no previous training, and numerous problems immediately become apparent with the starting forms; thus a great deal of work is necessary in order to train the sprinters. Typical problems with the conventional start are: legs not achieving an angle for adequate power; hips lift prior to any forward movement; arms pull rather than drive the sprinter from the blocks and the sequence of initial movement is incorrect. Due to these problems, the sprinter steps from the blocks or stands up, and

thus achieves minimal power in addition to wasting a great deal of time. These mistakes are eliminated when using the stand-up start.

It is important to note, however, that the stand-up start presents a significant problem in maintaining balance while in the set position. If the athlete is not correctly positioned, a rolling effect will take place, thus resulting in a false start. This problem may be avoided by adjusting the block spacings or through the experimentation of block angles. An advantage for the sprinter using the stand-up start is that she is able to place her blocks closer to the starting line and thereby cut down her running distance.

While the stand-up start seems to eliminate many problems, it definitely is not beneficial for every sprinter. Some athletes received correct training at a younger age and, as a result, have few corrections to make when coming into the program. It is important to carefully analyze the effectiveness of both the conventional and stand-up starts by timing the sprinter, in competition, for 20-yard intervals. The importance of this is supported through research on the conventional starts. Henry, for example, has shown that the bunch start, while it brings the sprinter from the blocks faster, has not allowed adequate force to maintain the momentum for a 100-yard distance. The method of starting must also develop a sense of confidence in the sprinter as this factor will be of benefit throughout the race.[1]

Predictions

Additional research in the stand-up start will aid in furthering the value of this method. Research designed to measure the amount of force exerted against both blocks will be of value. The hurdler must come to an upright position soon after leaving the blocks; a study concentrating on only hurdlers would therefore be of interest. In order for track and field to improve, experimentation must take place, and the final value will become evident in the distances and times.

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[1] Henry, Franklin. "Force-Time Characteristics of the Sprint Start." *Research Quarterly* (October, 1952).

Why Not — Field Events?

MARY ALICE HILL

Mary Alice Hill is working for a Ph.D. degree at Texas Women's University in Denton. She has competed nationally and internationally in the discus, javelin and shot put. She is assistant coach for the Texas women's track and field team and the Texas Track Club in Abilene.

The woman athlete is now in a very exciting and challenging era. The old-fashioned concepts of female masculinity in sports are quickly disappearing. Through television one can view national and international track and field competition involving the most skilled female athletes. Seeing the athlete before, during, and after her performance has helped to show the public that female athletes are frequently graceful, and can be charming.

A woman's section of track and field has been included in the Olympic Games since 1928. The U.S. women have won nineteen gold medals since that time. Out of these nineteen, fourteen gold medals have been won in the running events and only five in the field events. Three of the five gold medals in the field events were won by women in the running high jump in 1932, 1948, and 1956. The other two field events were won by women in 1932 in the discus throw and the javelin throw. The United States has never won a gold medal in the running long jump or in the shot put.

In reviewing the Olympic records made by women, it is discovered that the U.S. women have held only three records, all in running events. All were established in 1968 in the 100-meter dash, the 800-meter run, and the 400-meter relay. The women hold no Olympic records in the field events.

The question arises, why are the performances of U.S. women in field events inferior to those of women of other countries? Why have they won only five gold medals in the field events in the last forty years? Perhaps one of the greatest problems has been that girls in the United States have been started into national and international competition too young. If they achieve enough success in their event to represent the United States in the Olympic Games, they then tend to lose interest and motivation. Too often high-school girls lack the emotional maturity to cope with the stress of international competition. Many women athletes quit their event after their first success in the Olympics instead of continuing their endeavors and competitions. Another reason U.S. women lag behind women of other countries may be due to the lack of basic fundamentals such as

weight training and conditioning, and techniques of particular events. Too often coaches are unable to effectively use the scientific studies that might improve their teaching methods and their programs. It takes many years of hard work and training to become highly skilled in the field events. Approximately fifteen years ago there was little, if any, mention of track and field competition for high school girls. The Girl's State High School Athletics Association was formed in 1961, and several states established annual statewide championship meets in that year.

Is it not time to take a good look at physical education teachers and their programs as well as coaches in order to determine where and when potential women athletes of the United States can be developed? One suggestion is to begin the teaching of track and field in elementary schools and to give special attention to strengthening field-event competitors. The teaching and coaching of field events does not need to be complex. The instructions given to the beginner should be kept simple and easy to understand, and the student should work on one aspect of the event at a time. Too many phases of the event often confuse and frustrate the beginner. The elementary student should be introduced to the basic techniques in the discus, shot put, long jump, and high jump. A progressive program would then further develop the student's skills in these events through middle school. The javelin throw should be introduced in secondary school, and all the field events should become perfected and developed to the highest possible degree in college. The girls should be put on a weight-training program in secondary school in order to build strength and increase their capacity to improve. The entire track and field program should be presented in an exciting and challenging manner in order to prevent boredom and frustration. Students should be given the opportunity to develop skills and interests in all areas of track and field and should not be channeled into specialization too soon. Once the girls reach their junior year in secondary school, they may begin to spend more time in their chosen area or event, and they should continue to develop progressively throughout their college years. Throughout their secondary school and college years, the students should be aiming toward developing enough skill and determination to compete nationally and internationally.

Throughout the entire physical education program, from first grade to the senior in college, physical education teachers should cooperate and work closely with the coaches of various sports. Qualified coaches are invaluable in assisting physical education teachers with the latest information concerning new techniques, successful workout schedules, and progression levels. Clinics, presented by coaches who are particularly qualified in that area or

sport, are tremendous aids to the physical education teacher. For good teaching and coaching of the field events, one must be able to "feel" or to have experienced the event. This experience need not be on a competitive or highly skilled level in order for the coach or teacher to be able to express this "feel" to the student. Once one has experienced pushing the shot, hurling the javelin, slinging the discus, crossing the cross-bar in the running high jump, and flying through the air in the running long jump, one can understand and relate to the student's problems and frustrations. The teacher is sometimes a coach, and the coach is sometimes a teacher. One is no good without the other, for the teacher introduces the skill and guides the student through the basic fundamentals, and if she has above average talent or skill in a certain area, then the coach can aid the student and the teacher in more advanced techniques. The responsibilities of the teacher and the coach are to present the student or athlete with material she can understand. It is essential that the girl know why, what, and how to perform the event she is learning. To achieve these goals the teacher and/or coach must sometimes throw away the rigid rules of procedures and disregard the "set" method of teaching and coaching the event. The student or athlete must be regarded as an individual different from others in her mental and physical characteristics, needs, and capabilities.

Training Methods for Long-Distance Running

SANDRA WILLIAMS

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As long-distance running for all ages gains in popularity throughout the United States, it is natural that a great many different methods of training are being advanced, with new ideas and concepts constantly arising. Most authorities, however, will accept four general methods for training long distance runners. Briefly, these are:

1. *Interval Training.* To improve the capacity for oxygen intake, the best method is to run a certain distance (usually between 110 and 440 yards) at a modest speed, with a short rest interval of 30 to 90 seconds which is spent walking or jogging. This should be repeated until the runner has covered two to three times her race distance. The rest interval is important. If it is too long, the pulse rate will not remain high enough to provide the maximum training benefits. With this method of repeatedly working, and then resting, the heart muscles are being efficiently developed.
2. *Repetition Running and Tempo Training.* Repetition running is actually a form of interval training, with longer runs and increasingly longer rest intervals. This type of running improves the capacity to stand great amounts of lactic acid in the muscles. Therefore the distances must be long enough to insure that a considerable amount of lactic acid has time to accumulate in the muscles. The running distance should not be shorter than 330 yards. The runner should be fairly fatigued at the end of each run, and the rest period should be as long as necessary until the athlete feels that she can repeat the distance at a speed comparable to the preceding run. The rest intervals will, of course, grow longer as the training session continues. Although this type of training can be used year round, it is most helpful preceding the competitive season. It is best done on a track, but can also be beneficially used with hills. If using hills, the run

should be at least 220 yards, with the slope of the hill gradual enough to allow the runner to progress at a fairly constant speed.

Tempo training is running at actual race pace to develop the athlete's consciousness of pace, and can be used during repetition running.

3. *Slow Run For Long Distance.* The athlete will run for a considerable distance, at least five miles, at a slow, continuous pace. The main physiological benefit from this type of training is the increase in size and number of the capillaries in all muscles, thus allowing a greater and more efficient exchange of oxygen and removal of waste products in the muscles.

4. *Fartlek.* This is "speed play" or "running play," and it is usually greeted with great joy by most runners. In this training method, the runner moves as her own free spirit demands, covering grassy terrain, hills, sand, roads, track, or "what have you." This is really a type of undisciplined interval training, with the speed, distance, number of repetitions, and number and length of rest intervals decided by the runner, depending on her mood and on the terrain she is covering.

Obviously, there is not any one best method of training a distance runner. Each of the discussed methods, along with others, has been used, separately and together, to produce champions.

Probably a combination using all methods is the best. Start off the training period or season with long, slow running and, as the competitive season approaches, go into the repetition and tempo training. Then, as the season progresses, use more and more interval training, varying all workouts occasionally with Fartlek. Fewer injuries will result, and the benefits of the training program will stay with the runner for a longer period of time.

Some coaches will give a very hard, very long workout on one day, and follow this with two or even three days of relatively easy training. This is helpful in preventing boredom and keeping the runners interested.

Workouts must be for a minimum of five days weekly. Fewer than this will produce little improvement, and will merely maintain the present level.

It is very impor ant that coaches remember that distance running can put a burden on all body systems. Use moderation in your training programs. Consider the emotional, physiological, and other individual needs of your runners. There are certain factors which must always be taken into consideration. For example, the longer the race to be run in competition, the greater the mileage in the workout must be. But the best guide for all factors is the athlete herself. No athlete should be asked to cover more mileage than she

can handle without suffering extreme fatigue or frequent illness or injury. Too much pressure at an early age will nearly always cause a young athlete to give up, long before she has reached her full potential as a runner.

You must set a realistic goal for your runners, and plan your training methods to reach this goal. If the goal is reached, or even surpassed, the happiness shared by the athlete and coach will be an incentive to continue for both of them.

Above all else, in the mind of every coach should be the idea that running must be *fun* for her athletes. If it is not enjoyable, if it is not fun, then there is no justification in involvement in the program.

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Cross-Country Course Considerations

DORIS BROWN

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An ancient runner from Wales, where cross country is as much a tradition as the Cardiff Castle ghost, once told me that no course is of significance without: several fences; a plowed and a stubble field; a stream; hills, up and down; wooded, muddy, narrow, twisting paths; logs; sand; and blustery weather. Since time immemorial, variety and determination have been synonymous with cross-country activities. Finding such a dramatic setting within the confines of the required race distance and within one's geographic limitations might be as difficult as acquiring the participants and spectators European competitions invariably draw. Yet there is something to be said for an appropriate course site.

Cross-country is no leading spectator sport in the United States. Still, consideration for those wishing to view a race might encourage recognition for the sport. Consideration for the athletes is the first priority for a successful competition, variety being in keeping with the philosophy of these "renegade" athletes. Wooded golf courses, parks, interesting school grounds, when permission for their use has been acquired in advance, will meet these criteria.

What are the specific requirements for a suitable course? Perhaps we should view this from several perspectives, that of the athlete, the official, and the spectators. Certain conditions also dictate unavoidable prerogatives.

Inclement weather possibilities necessitate a dry changing area as well as the comforts of adequate rest room facilities (*unlocked* rest rooms, no less!) near both ends of the course. So a common start-finish area is advantageous for this and other reasons. Covered grandstands are ideal for spectators. A seating area also keeps spectators out of officials' and athletes' way.

Commencement of a course on a wide, straight, flat area where competitors all have an equal chance to move ahead is advisable. Starting line length is dependent upon the number of athletes, or, if starting pens are used, the number of teams entered. About 200 yards of unobstructed running area is ideal. Then, turns, trees, and hazards are welcomed by the athletes, if not by the spectators! An

uphill slope will tend to spread the field, before the course narrows. Room should be allowed throughout the course for a runner to overtake an adversary.

When a populated public area is utilized, loops in a course can be advantageous. Less area needs monitoring to keep dogs, bicycles, and people off the course and runners on it. Careful marking with arrows, ropes, lines, and flags is important. A chalk line with acceptable course width predetermined may be adequate. White flags marking the right side and red flags the left are officially acceptable. Loops must be large and early in the course to eliminate athletes lapping or intersecting one another. Course monitors may be necessary to direct confusing crossways or to close off areas not to be entered at that particular stage of the race. The course should never cross roads with traffic unless police help has been previously arranged.

While cross-country athletes welcome challenging courses, safe footing is still of essence. When running in a crowd or through leaves, one cannot always anticipate sprinkler holes, rough rooty protrusions, jagged rocks, and the like. Either circumvent such hazards or employ obvious markings such as a chalk circle, a road cone over a hole, or brightly colored flags. A little water, sand, or mud need not be considered unduly difficult.

If a common start-finish area is not feasible, a spectator area should be given consideration, at least to allow all runners an unobstructed finish. Roping off the finish area and providing a substantial chute beyond the finish line are imperative. The chute is a no-passing zone to keep the runners in their respective finish order. While the athletes pass through the chute, officials will be recording times and places. The chute length depends upon the number of finishers which, hopefully, equals the starting line-up! Invariably 75 percent of course difficulties occur at the finish line. Consequently all possible precautions, such as including an uphill grade near the finish line to eliminate crowds of runners sprinting in together, can alleviate confusions.

One last word in conjunction with cross-country courses – aesthetics. Those of us who run cross-country primarily for pleasure, as our means of self expression, like to feel as one with nature. If times and exact distances were the goal, we would choose to run on a well-groomed track. Not so for us; we run in search of what our senses can report – the rain or sun piercing our skin, waves of silence or sea water, and leaves beneath our feet telling us what nature and other cross-country runners like to experience.

Conditioning Program: Weight Training

BARBARA LOCKHART

Barbara Lockhart, assistant professor of physical education, is director of intercollegiate athletics of the health, physical education and recreation department of Temple University, Philadelphia, Pennsylvania. She has coached and participated in track and field. The many years spent training for the 1960, 1964, and 1968 Winter Olympic Teams as a speed ice skater have given her invaluable experience in the area of conditioning.

A program which is designed to bring a sick person back to health must be based upon scientific principles. Likewise, a program designed to take a normally-conditioned individual to a peak or perfected level of conditioning must also be based upon scientific principles. If these principles are neglected or abused, either program may be detrimental rather than beneficial to the individual concerned.

Principles

Specificity. All conditioning activities must parallel the event to be performed in every way possible. Therefore to employ beneficial weight-training activities requires a thorough understanding of the physiological demands, the mechanics, and the muscles involved in the sport. The ultimate goal to be reached by following the principle of specificity is attained by means of a complete understanding of the individual's capabilities coupled with knowledge about the event. From this information, a training program can be established which is specific to the event and specific to the individual.

Overload. In order to increase the efficiency of a muscle and to increase the amount of work a muscle can do, the muscle must be taxed beyond its normal usage. In other words, it must be overloaded. In a series of articles written for the *Athletic Journal* in 1972, Dr. Richard Berger explained the anatomical and the physiological changes which occur in muscle tissue due to various weight-training programs. Changes in the body vary with the different schedules of training, although all programs are based upon the overload principle.

Programs

Weight-training programs designed to produce optimal success in any athletic event are based upon the principles of specificity and overload. Having a working knowledge of these principles enables an individual to select or design a weight-training program which meets the demands of his or her event. The following programs are designed to meet the physiological demands required in various athletic events.

Strength. Contractile force and leverage determine the strength of a muscle. Since leverage can only be changed by surgery, the weight-training program aims at improving the amount of force a muscle can exert. Muscle force is increased as the size of the muscle is increased. Hypertrophy occurs most frequently when the muscle or muscle groups are exercised in the following manner:

3-5 sets 10 maximum repetitions 2 minutes rest between sets

Begin with 80 percent of a total maximum effort as the weight to be moved during the first set, and drop 10 percent each set, if necessary, to complete all ten repetitions within each set.

Muscular endurance. Muscular endurance is the length of time a muscle can continue to work. Two factors which contribute to muscular endurance are the strength of the muscle and its ability to recover from fatigue. Strength contributes to muscular endurance during a short work period, whereas the muscle's ability to recover from fatigue is a more important contributor to muscular endurance during a longer work period. Exercise muscles in this manner to increase muscular endurance:

5 sets 10 maximum repetitions 1-3 seconds rest between sets

The time allowed between sets is just enough to change the weight. Start with 80 percent maximum, and drop 20 percent if necessary to complete all ten repetitions each set.

Strength and muscular endurance. Enhancing both of these physical qualities obviously causes the program to be more generalized. Whenever the program moves away from specificity, a sacrifice in the development of each component is noted. Therefore, less strength and less muscular endurance will be achieved in this program as compared to the ones previously described. However, this program will allow development of an optimal combination of the two components:

5 sets 10 maximum repetitions 1 minute rest between sets

Again, follow the schedule by moving that weight which is the percentage of maximum effort which allows completion of all ten repetitions per set.

Cardiovascular endurance. It is also possible to increase cardiovascular endurance through weight training. These criteria must be met:

1. Exercise for five minutes or more;
2. Heart rate during exercise of 140 beats/minute;
3. Involvement of the large muscles.

A greater generalization of activity is required to achieve cardiovascular endurance, and, therefore, such a program is not recommended to those striving for peak conditioning.

Other Programs

In sports, the mechanics or technique and the muscles used are highly specific to each event. To be assured that the overload is increasing performance relative to these factors also requires strict application of the principle of specificity.

Conclusion

A sound weight-training program which actually improves performance can be established scientifically. The weight-training program is only one facet of the overall conditioning program. Athletic conditioning should be undertaken by a normally healthy individual; it must be done seriously and scientifically. Outstanding performances and the joys of doing something well will be experienced by those individuals who train weekly.

Some Practical Hints for Meet Directors

LORRAINE "MOE" DAVIS

Lorraine "Moe" Davis received her B.S. and M.S. degrees from the University of Wisconsin in LaCrosse, and is a Ph.D. candidate at the University of Oregon-Eugene. She has participated in track and field as a competitor, a coach, and an official. She has a national rating in the sport and served as meet referee in the 1971 DGWS Intercollegiate Championships.

The specifics of directing and efficiently running a track meet are seemingly well stated in track and field guides and books. In addition to the usual information given in these sources, there are many hints and practical pointers persons accumulate as they are involved in directing and hosting meets.

The following suggestions and tips are offered as ideas and practices which may be helpful for officials, coaches, and, specifically, meet directors as different roles are assumed.

Pre-meet Information

A pre-meet bulletin should include: type of track; type of approaches for field events; special type of equipment needed; order and time schedule of events; special modifications of rules, if any; entry specifications; scratch meeting procedures and policies; dressing facilities available; and directions for reaching the locker room and/or track.

Officials

Obtain officials as early as possible. Information provided to these officials should include: the assignment, the time to report, and proper attire. At the meet each official should receive specific directions regarding her duties, even though she should know the rules.

Head Judges

For head officials and persons in an authoritative role, it is helpful to have rules of the event taped on the back of the clipboards furnished them. Head judges should also receive a list of persons assigned to be assistants, directions regarding filing of results, and instructions concerning the handling of the equipment at the conclusion of the event.

Clipboards

It is also advisable to furnish each clipboard with a piece of plastic to cover and protect the score sheet in case of inclement weather. In addition, it should be noted that ball point, ink, or felt-tip pens "run" when wet whereas a #2 pencil does not.

Competitor Numbers

White vinyl tablecloth material cut into 10" squares, painted with a number, and equipped with a small safety pin in each corner serves the purpose well. An interesting event and a rather fun thing to do, depending on the scope of the meet, is to line up all the competitors in circular single-file order, hand the number of each competitor to the girl behind her, and have them pin and unpin it as opening and closing ceremonies. The dissemination and return of numbers are thereby guaranteed.

Hurdles

If possible, schedule the longest hurdle race as the first event of the meet since the hurdles can be set up prior to starting time. A helpful device for lining up the hurdles, especially on the straight-away or when individual marks are not set in each lane, is to attach a cord the width of the track to 3½-foot dowels or broom sticks. By sighting along the extended line established by the markings on the edge of the track, accuracy of hurdle placement can be assured.

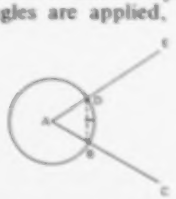
Drawing Lots

A very simple and adequate means of drawing lots is by using .32 cartridges for the starting gun with the numbers marked on the powder by a ball-point pen. The clerk of course or head field judge can easily carry these shells with no trouble, and they work well.

Sector Lines for Discus

A meet director may not always be fortunate enough to have the discus sector lines marked. This is a rather simple task if geometric principles of equilateral triangles are applied, thereby insuring a sector of 60 degrees.

$AB = BD = AD = 4'1\frac{1}{8}"$



1. Establish one sector line to suit the particular layout (ABC).
2. Place a string on this line extending from A to B, noting where A and B are on the string.
3. Using B as the center of your circle now, move A from the center to the outside of the discus ring and mark point D. Keep in mind that DB is a straight line.
4. By establishing a straight line from A to D and beyond, the other sector line is accurately determined.

Marking a Track

Certain track markings necessary for all events are not always pre-established on the track. Since it is necessary to make these measurements for staggers and hurdle placement 8" in from the curve, the problem becomes one of maintaining this constant distance. Regular building or fireplace bricks are 8" long and, by placing ten of these bricks evenly between approximate marks, proper markings can be made by two persons with a minimum of problems.

Score Sheets

A form similar to the following example works well for small meets, but *do not* list the events in the appropriate column until the results are completed, so that a proper running score can be kept.

EVENT	WINNING MARK	FIRST	SECOND	THIRD	RHS	CHS	LHS
LONG JUMP	19' 2"	NAME SCHOOL	NAME SCHOOL		5+3/8	1/0	0/0

If a larger meet is hosted, two forms are needed. One form is for events which can be predetermined, usually with the field events together. Another form which is necessary lists the schools alphabetically with the events entered as the finals are received so that, again, a running score can be kept easily.

EVENT	1ST MARK	FIRST	SEC-OND	THIRD
SHOT PUT				
⋮				
200 M. HURDLES				

SCHOOL	HIGH JUMP	100-YD DASH	SHOT PUT	...
LHS	3/3	4/7	1/8	
PHS	2/2	5/7	3/10	

Scoring Checks

Determine the total number of points possible to be scored in a meet (4 places, 13 events equals 143 points). Another check is to tally the number of firsts by Team A, the number of seconds by Team A, etc., multiply these tallies by the points awarded for that place, and add them to see if the computed number equals the compiled score.

Results

The "Events" sheet for scoring can be done on a duplicating master as the meet progresses and, although these results can be determined "unofficial," they can be duplicated immediately following the heats. Results can then be distributed before the competitors depart for the day. It is important to get times and distances on every competitor in every event. These complete and official results should be compiled, duplicated, and sent to the competing schools within three days after the meet.

Being the director of a meet, or being in a position of any authority, requires knowledge of many small details that are not published in any book. Many things are learned after certain experiences. Hopefully, some of the hints we can compile and share can be helpful. Let's work to make our girls' and women's track and field meets efficient and official!

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Revised by ANGELINE NAZARETIAN
Athens College, Alabama

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Women's Track and Field. Super 8mm cartridge, color. Individual loops, $19.95; complete set $151. Outstanding individual technique featuring national champions and U.S. Olympic team members. The following events are available: shot, discus, javelin,

hurdles, sprint starts, long jump, high jump, relay baton passing. These are good instructional films. A teacher's guide goes with the set. Athletic Institute, 805 Merchandise Mart, Chicago, Ill. 60654.

OFFICIATING SERVICES AREA

OSA (Officiating Services Area)–This area, one of seven in the DGWS structure, is devoted to the training and rating of officials. Its Executive Board, which meets annually prior to the AAHPER national convention, is composed of:

1. A *chairman*, a *chairman-elect*, and a *past chairman*. The chairman-elect is elected in an open meeting at the national convention.
2. A *secretary*, who sends rating cards to boards and receives applications for new boards. She is elected by mail ballot in alternate years by the local boards of officials.
3. A *treasurer*, who is responsible for collecting board dues. She also is elected by mail ballot in alternate years by the local boards of officials.

P & T of O (Principles and Techniques of Officiating)–This committee is concerned with the methods used by referees, umpires, and judges to officiate games and matches. The P & T of O chairman is a member of and is selected by the Executive Board. A subcommittee in each sport is responsible for evaluating and revising the officiating techniques and for writing the Techniques of Officiating article published in its respective sports guide. Membership is by appointment. If you have questions concerning the techniques of officiating, write to the appropriate P & T of O chairman.

E & R (Examinations and Ratings)–There is an E & R committee for each of the nine sports in which ratings are given. Each chairman and her committee are responsible for preparing, revising, and analyzing the officiating theoretical examinations. The general chairman and an associate chairman (who is the E & R chairman-elect) coordinate the subcommittees and compile the general material for the sports packets. The chairman of E & R is an appointed member of the OSA Executive Board. If you need information regarding the study questions in the Guides or a question in the examination, write to the appropriate E & R chairman.

E & P (Editorial and Publications)–This committee is responsible for editing the OSA portion of the Guides. The chairman is appointed for a two-year term of office and is a member of the Executive Board.

DOC (District Officiating Coordinator)–There is one DOC in each of the six districts of AAHPER. She serves as liaison between the boards of officials in her district and the OSA Executive Board. The DOC is elected at her AAHPER district convention and serves on the Executive Board.

Boards (Affiliated and Provisional Boards of Women Officials)–These boards are made up of organized groups of women throughout the United States who are authorized to give ratings. A listing of these boards follows.

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JOANNA DAVENPORT, *Chairman, DGWS Sports Guides and Official Rules Committee,* Univ. of Illinois, Urbana 61801
CHARLOTTE WEST, *Former Past Chairman, Officiating Services Area,* Southern Illinois Univ., Carbondale 62901

PRINCIPLES AND TECHNIQUES OF OFFICIATING COMMITTEE

PATRICIA DUNCAN, *Chairman,* 409 N. Elmwood, Kansas City, Mo. 64123
Elect: ANNE J. WINTER, Univ. of Wisconsin, La Crosse 54601
Badminton: JEAN PANKONIN, Illinois State Univ., Normal 61761
Basketball: SHIRLEY DUNCAN, 9313 Winbourne Rd., Burke, Va. 22015
Gymnastics: DELENE DARST, 7678 Cathedral Hill Dr., Cincinnati, Ohio 45244
Softball: ELSIE WULF, Frankling Township Junior High School, Wanamaker, Ind. 46239
Swimming: NANCY J. O'CONNOR, Colorado State Univ., Ammons Hall, Fort Collins 80521
Synchronized Swimming: HOLLIS C. SZABO, Univ. of Vermont, Burlington 05401
Tennis: ANNE PITTMAN, Arizona State Univ., Tempe 85281
Track and Field: BONNIE PARKHOUSE, Univ. of Minnesota, Minneapolis 55455
Volleyball: KAY CORCORAN, College of Mt. St. Joseph, Mt. St. Joseph, Ohio 45051

EXAMINATIONS AND RATINGS COMMITTEE

JACKIE SHICK, *Chairman,* Univ. of Minnesota, Minneapolis 55455
Badminton: JEANETTE WEISER, Sam Houston State Univ., Huntsville, Texas 77340
Basketball: RITA SMITH, 9873 McBroom St., Sunland, Calif. 91040
Associate: FLORA BRUSSA, East Los Angeles College, Los Angeles, Calif. 90022

Gymnastics: VARINA FRENCH, Rte. 1, Box 245, Forest Grove, Ore. 97116
Associate: SUE AMMERMAN, 97 Lionshed Dr. East, Wayne, N.J. 07470
Tennis: CLAUDIA GIACOMINI, Sequoia High School, Redwood City, Calif. 90263

NANCY LAY, *Associate Chairman,* Univ. of Tennessee, Knoxville 37916
Softball: DONNA LAPINANO, 877 E. 24th St., Brooklyn, N.Y. 11210
Swimming: ANN FULLILOVE, Women's Gym 12, Univ. of Texas, Austin 78712
Synchronized Swimming: ANNE WINTER, Wisconsin State Univ., La Crosse 54601
Track & Field: MARY ALLEN, Concordia College, Moorhead, Minn. 56560
Volleyball: JOANNE FORTUNATO, Brooklyn College, Brooklyn, N.Y. 11210
Associate: CAROL WACKER, 2301 Benson St., Philadelphia, Pa. 19152

TRACK AND FIELD PRINCIPLES AND TECHNIQUES OF OFFICIATING COMMITTEE

BONNIE PARKHOUSE, *Chairman,* 108 Cooke Hall, Univ. of Minnesota, Minneapolis 55455
JILL HUTCHINSON, Illinois State Univ., Normal 61761

TRACK AND FIELD EXAMINATIONS AND RATINGS COMMITTEE

MARY ALLEN, *Chairman,* Concordia College, Moorhead, MN 56560
MARGARET ANDERSON, 1706 Norman Way, Madison, WI
CAROL LINDELL, Palatine High School, Palatine, IL
BETTYE J. MCCLENDON, Frederick Douglass High School, Atlanta, GA 30318
KATHRYN RUSSELL, Univ. of Arizona, Tucson 84721
MARGARET J. SIMMONS, 1313 Kirkwood Dr., Murray, KY 42071

AFFILIATED BOARDS OF OFFICIALS
1973-74

All Boards of Women Officials affiliated with the Officiating Services Area are listed by districts on the following pages. Names and addresses of board chairmen are included. Upon request, the board chairman will supply a list of names, addresses, and telephone numbers of sports chairmen and rated officials who are members of the board.

Sports for which a board is authorized to give ratings are listed for each board. An asterisk after a sport indicates that the board has provisional status in that sport and can award only Apprentice and Intramural ratings. The board has affiliated status in each sport and can award any rating from the Intramural to the National level, except for those sports designated by an asterisk.

The Examinations and Ratings chairman will send the current examination packet to the chairman of each board who submits the annual report.

CENTRAL DISTRICT

District Officiating Coordinator: Wanda Green, Univ. of Northern Iowa, Cedar Falls 50613 (1972-74)

COLORADO

Colorado Board of Women Officials

Chairman: Gloria Rodriguez, Univ. of Northern Colorado, Greeley 80631 (1973-75)

Ratings given in basketball, tennis, track and field, volleyball, softball.*

MINNESOTA

Red River Valley Board of Women Officials

Chairman: Betsy McDowell, Bemidji State College, Bemidji 56601

Ratings given in basketball, gymnastics,* track and field,* volleyball.

EASTERN DISTRICT

District Officiating Coordinator: Betty Logan,
Ramapo College of New Jersey, Mahwah 07430 (1973-75)

CONNECTICUT

Greater New Haven Board of Women Officials
Chairman: Louise Albrecht, 500 Crescent Street, New Haven 06515 (1973-74)
Chairman-elect: Judy Deeb, 139 Harbor Street, Branford 06405
Ratings given in softball,* basketball, volleyball, gymnastics, swimming, track and field.

MASSACHUSETTS

Boston Board of Women Officials
Chairman: Janice Bruce, 310 Lowell Street, Reading 01867 (1972-74)
Ratings given in basketball, gymnastics, softball, track and field, volleyball.

NEW YORK

Central New York Board of Women Officials
Chairman: Doris Kostrinsky, P.E., Women, Ithaca College, Ithaca 14850 (1972-74)
Ratings given in basketball, gymnastics, softball, swimming, track and field, volleyball.

New York Board of Women Officials
Chairman: Grace M. Rosa, 162-10 Powells Cove Blvd., Whitestone 11357 (1972-74)
Ratings given in basketball, gymnastics, softball, swimming, track and field,* volleyball.

MIDWEST DISTRICT

District Officiating Coordinator: Norma Jean Johnson,
Indiana Univ., Bloomington 47401 (1973-75)

ILLINOIS

Central Illinois Board of Women Officials
Chairman: Nancy Lynn Shay, 1304 W. Jefferson, Apt. 5, Washington 61571 (1973-75)
Ratings given in badminton, basketball, gymnastics, softball, track and field, volleyball.

Northern Illinois Board of Women Officials
Chairman: Judith Kretzschmar, 7301 West Fullerton Ave., Elmwood Park 60635 (1972-74)
Chairman-elect: Judith Kretzschmar (same as above)
Ratings given in basketball, gymnastics,* softball, swimming, track and field,* volleyball.

South Suburban Board of Women Officials
Chairman: Margaret Kelso, 7900 Division, Rosary College, River Forest (1973-75)
Ratings given in basketball,* softball,* swimming, track and field,* volleyball.

INDIANA

Eastern Indiana Board of Women Officials
Chairman: Nikki Assmann, Ball State Univ., Muncie 47306 (1972-74)
Chairman-elect: Sandra Stultz, Ball State Univ., Muncie 47306
Ratings given in basketball, swimming, track and field,* volleyball.

Northern Indiana Board of Women Officials
Chairman: Janet Davis, Washington Township High School, Rt. 1, Valparaiso 46383 (1972-74)
Ratings given in basketball, gymnastics,* volleyball, track and field.*

OHIO

Cleveland Board of Women Officials
Chairman: Judy Bruning, Cleveland Heights High School, 13263 Cedar Road, Cleveland Heights 44118 (1973-75)
Ratings given in basketball, gymnastics, softball, track and field, volleyball, synchronized swimming.

Youngstown Area Board of Women Officials
Chairman: Joan Philipp, 893 Glen Park Road, Youngstown 44512 (1973-75)
Ratings given in basketball, gymnastics,* track and field.

WISCONSIN

Fox River Valley Board of Women Officials
Chairman: Helen H. Briwa, Univ. of Wisconsin, Oshkosh 54901
Ratings given in basketball, gymnastics, swimming, track and field, volleyball.

LaCrosse Board of Women Officials
Chairman: Lee Stephenson, Wittich Hall, Univ. of Wisconsin, LaCrosse 54601
Ratings given in basketball, gymnastics, swimming, synchronized swimming, track and field, volleyball.

Milwaukee Board of Women Officials
Chairman: Nancy Nelson, Milwaukee Lutheran High School, 9700 West Grantosa, Milwaukee 53222 (1972-74)
Ratings given in basketball, softball, track and field, volleyball.

Southeastern Wisconsin Board of Women Officials
Chairman: Mary Ann Riccio, 544 Walton Drive, Whitewater 53190
Ratings given in basketball, swimming,* track and field,* volleyball.

NORTHWEST DISTRICT

District Officiating Coordinator: Jean Neely, Eastern Oregon College, LaGrande 97850 (1972-74)
Elect: Marlene Adrian, Washington State Univ., Pullman 99163

OREGON

Northern Oregon Board of Women Officials
Chairman: Virginia Neal, Lewis & Clark College, Portland 97207 (1972-74)
Ratings given in basketball, gymnastics, track and field, volleyball.

Willamette Valley Board of Women Officials
Chairman: Lorraine Davis, Univ. of Oregon, Eugene 97403 (1973-74)
Chairman-elect: Frances Neely, Oregon College of Education, Monmouth 97361
Ratings given in basketball, volleyball, track and field.

WASHINGTON

Northwest Washington Board of Women Officials
Chairman: Cherly Brandt, Evergreen Mobil Park, Ferndale 98248
Ratings given in basketball, tennis, track and field, volleyball.

SOUTHERN DISTRICT

District Officiating Coordinator: Aileen Britton, Edward H. White Sr. High, 1700 Old Middleburg Rd., Jacksonville, FL 32210 (1972-74)
Elect: Aletha W. Bond, Auburn Univ., Auburn, AL 36830

ALABAMA

North Alabama Board of Women Officials
Chairman: Angeline Nazaretian, Athens College, Athens 35611
Ratings given in track and field, volleyball.

KENTUCKY

Kentucky Board of Women Officials
Chairman: Pat Deacon, 3340 Hunter Road, Lexington 40502 (1973-75)
Ratings given in basketball, track and field, volleyball.

SOUTHWEST DISTRICT

District Officiating Coordinator: Fern Gardner, Utah State Univ., Logan 84321 (1972-74)

STANDARDS FOR OFFICIALS RATINGS

Badminton, Basketball, Softball, Swimming, Tennis, Track-Field, and Volleyball

There are four officials ratings. Each is designed to meet the needs of various levels of sports events and to stimulate interest of individuals who desire to officiate. No rating is prerequisite to any other rating.

The *Intramural rating* qualifies the holder to officiate games in the school in which she is enrolled or games of comparable level.

The *Apprentice rating* qualifies the holder to officiate games which may be adequately controlled by a competent, but inexperienced official.

The *State rating* signifies that the holder is capable of officiating any game within the state where the rating is awarded.

The *National rating* signifies that the holder is capable of officiating any game anywhere in the United States. This rating is for the most highly skilled official.

Specific requirements for all ratings are outlined below.

Intramural Official

1. Minimum standards – Set by Affiliated Board.
2. Duration – two years from next June 1.

Apprentice Official*

1. Minimum grades – average of theory and practical, 75.
2. Theoretical examination – national examination, minimum 74.
3. Practical examination – given by at least one State official, minimum 75.
4. Duration – Two years from next June 1.

State Official

1. Minimum grades – average of theory and practical, 80.
2. Theoretical examination – national examination, minimum 76.
3. Practical examination
   a. Practical examination – given by at least three members with a State or National rating, minimum 80.

**Note:* For a trial period of two years, Affiliated Boards shall be given the option of developing their own criteria for the Apprentice Rating.

b. Alternate plan for basketball or volleyball (second year of trial) – after holding a State rating with the same board for four consecutive years, the official may request that seven different coaches evaluate her officiating (see appropriate sports packets for details), in lieu of the practical rating session.

4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

National Official

1. Minimum grades – average of theory and practical, 85.
2. Theoretical examination – national examination, minimum 82.
3. Practical examinations
   a. Practical examination – given by at least three members with a State or National rating, minimum 85. (At least one of the three must have a National rating).
   b. Alternate plan for basketball or volleyball (second year of trial) – after holding a National rating with the same board for four consecutive years, the official may request that seven different coaches evaluate her officiating (see appropriate sports packets for details), in lieu of the practical rating session.
4. Duration – two years from next June 1.
5. This rating is transferable to other Boards.

Levels of ratings for gymnastics and synchronized swimming are:

Gymnastics	*Minimums* *Theoretical*	*Practical*
National	90	90
Regional	80	80
State	70	70
Associate	60	60
Apprentice	50	50

Synchronized Swimming	*Minimums* *Theoretical*	*Practical*
National	90	85
Regional	80	75
Local	70	65

Fees

These fees are minimum fees recommended by the Executive Board as a guide to Affiliated Boards. These boards may set fees

lower or higher than those suggested when the local situation demands an adjustment from the recommended fees. The Intramural and Apprentice fees should be set by each Affiliated Board. The fee for an Apprentice Official should not exceed that for a State Official and should reflect the difference in the level of rating.

Basketball and Softball

National – $12 plus traveling expenses for a single game. If only one official is used, the fee should be $24 plus traveling expenses.

State – $9 plus traveling expenses for a single game. If only one official is used, the fee should be $18 plus traveling expenses.

Badminton and Volleyball

National – $9 plus traveling expenses for a single match. If only one volleyball official is used, the fee should be $18 plus traveling expenses.

State – $7 plus traveling expenses for a single match. If only one volleyball official is used, the fee should be $14 plus traveling expenses.

Gymnastics

National – $10 per session, transportation, and $15 per diem.
Regional – $7.50 per session and transportation.
State – $5.00 per session and transportation.

Swimming. The recommended fees for Nationally rated swimming officials are:

When there are three officials: $6 plus traveling expenses per official for a single meet (whether dual or group); $9 plus traveling expenses per official for meets with first and second teams participating.

Where there are fewer than three officials: $9 plus traveling expenses per official for a single meet (whether dual or group); $12 plus traveling expenses per official for meets with first and second teams participating.

Dual meets: Pay referee and starter $15. Turn judge, if paid, $10.

Tennis. In compliance with the United States Lawn Tennis Association policy, no fees will be charged for officiating tennis matches, although travel expenses may be accepted.

Track and Field. It is customary for one official to be paid a minimum of $9 per session (a session shall be defined as a period of time approximately three hours in length) plus traveling expenses. In the case of shorter sessions, fees should be adjusted accordingly. When possible, other officials may be paid.

REGISTRATION OF OFFICIALS

A number of states require those who officiate either boys' or girls' interscholastic contests to be registered with the State High School Athletic Association or other administrative body. Holding a DGWS rating ordinarily does not exempt an official from complying with this regulation.

All DGWS officials who officiate any high school or junior high school games are urged to cooperate fully with their state regulatory body by registering with the proper organization and paying any required fee, by wearing the official emblem in addition to the DGWS emblem, and by complying with all requirements for sports officials.

AMATEUR STANDING OF OFFICIALS[1]

An official who wishes to maintain her amateur status as a participant in a sport must be aware of the ruling(s) on amateur status established by the governing body for that sport.

Amateur status may be defined by groups governing high school and college level competition. National organizations governing amateur competition may also have established rulings on the amateur status of the participant.

The official who wishes to maintain her status as a participant is responsible for investigating the specific regulations of the governing body who has jurisdiction over her eligibility as a participant.

Amateur Standing in Basketball, Track and Field, and Swimming

According to the Amateur Athletic Union, which has jurisdiction over amateur basketball, track and field, and swimming, any person receiving compensation for officiating in any sport renders herself ineligible for further amateur competition.

An official, without jeopardizing her amateur standing, may request, receive, or accept expenses in connection with her participation in any event which shall not exceed (a) her actual expenditures for travel (eight cents per mile or first class public transportation fare) and (b) her actual expenditures for maintenance up to a non-itemized total of $10 per day.

Amateur Standing in Softball

The Amateur Softball Association has taken the position that umpires who officiate softball games and are paid for their services do not professionalize themselves and are thereby eligible to participate in ASA competition.

[1] For more complete details, see *JOHPER* 39:24-27, October 1968.

Amateur Standing in Volleyball

According to the United States Volleyball Association, volleyball officials may get only transportation, meals, and lodging and may receive no honorarium if they wish to retain their amateur standing.

HOW TO BECOME A RATED OFFICIAL

1. Study the rules, the article on the techniques of officiating, and the study questions.
2. Attend interpretations meetings and officiating clinics or training courses conducted in your vicinity.
3. Practice often. To some, officiating comes easily; to others it comes only as the result of hard work and concentration. Welcome criticism and work hard to improve.
4. Find out from the chairman of the nearest affiliated or provisional board when examinations for ratings are to be held. (Consult list of boards.)
5. Contact the chairman of the nearest affiliated or provisional board for materials necessary to give Intramural ratings.
6. Remember that it is the aim of the Officiating Services Area to maintain a high standard for National officials. Do not be discouraged if you do not receive a State or National rating on your first attempt. Welcome suggestions from the examiners, practice more, and try again.

INFORMATION FOR AFFILIATED AND PROVISIONAL BOARDS

An *affiliated* board is a board which has at least three State officials in a given sport; it is authorized to give ratings at all levels in that sport.

A *provisional* board is a board which has at least three Apprentice officials in a given sport; it is authorized to give ratings at the Intramural and Apprentice levels in that sport.

Exceptions: When OSA rating films are used as a medium for the practical rating (synchronized swimming and gymnastics), boards may award ratings at any level.

An Officiating Board may have *affiliated* status in one or more sports and/or *provisional* status in one or more sports. When a Board has *affiliated* or *provisional* status in a sport and wishes to have affiliated and/or provisional status in another sport, that board should write the Examinations and Rating (E.&R.) Chairman of the respective sport. The board should indicate the names of a minimum of three persons qualified to act as examiners in that sport for the

next two years. Qualifications and experience in the sport should be listed for each examiner.

NOTE: For basketball and volleyball an examining committee of three State officials is required. No specific number of rated officials is needed to initiate ratings in Badminton, Gymnastics, Softball, Swimming, Synchronized Swimming, Tennis, and Track and Field.

If, after two years, a board does not have three State officials in a sport, the board loses its affiliated status for giving ratings in that sport. (Exceptions: gymnastics and synchronized swimming). The board may then request provisional status in that sport from the E.&R. Sports Chairman. If granted, the board may continue to exist with provisional status and award only Apprentice and Intramural ratings. To continue as a provisional board after two years the board must have a minimum of three officials with at least an Apprentice rating in each sport concerned.

Examination packets are mailed to qualified boards on:

August 1 – Volleyball and Basketball
September 15 – Swimming, Badminton, Tennis
October 15 – Synchronized Swimming, Gymnastics
February 1 – Softball and Track and Field

Emblem and Uniform

The emblem for National officials in all sports consists of a shield. Other emblems are available for State, Apprentice, and Intramural officials.

The shirt for badminton, basketball, fencing, swimming, tennis, track and field, and volleyball is a navy blue and white striped tailored shirt or a navy blue and white striped jersey. The shirt for softball shall be navy blue. A navy blue skirt, shorts or slacks appropriate for the activity should be worn with the shirt. In badminton, fencing, swimming and tennis white may be substituted for the navy blue. A navy blue blazer may complete the uniform if desired. Officials who receive fees for officiating are required to wear the official shirt.

The official shirts and emblems are available from The Hanold Company, Sebago Lake, Maine 04075. The company can also provide approved blazers. When ordering, send dress size and check or money order for correct amount. Anyone may order the official shirt. A current rating card must accompany an individual's order for an emblem; however, it is not necessary to send a rating card when ordering a shirt.

An affiliated board may wish to have a supply of shirts or emblems for distribution to newly rated officials. A quantity order may be placed *only* by the affiliated board chairman. It is not necessary that the chairman enclose her own rating card, but full payment must accompany the order.

Prices: Wash-and-wear shirt $5.50; knit jersey with zipper neck, $8.50; knit jersey with button neck $12.00; doeskin blazer, $28.00; National emblem, $1.75; State, Apprentice, and Intramural emblems, $1.

Shipping Charge: 75 cents per order.

HOW TO ESTABLISH A BOARD OF OFFICIALS

1. Establish the need for an affiliated board by contacting women in the area who have current ratings or who are interested in standardizing and raising the level of officiating badminton, basketball, gymnastics, softball, swimming, tennis, track and field, or volleyball in that area.
2. Write to the Officiating Services Area Secretary, listed in the Officiating Services Area section of this *Guide*, for a sample copy of an authorized constitution for officials' boards and the *Policies and Procedures Handbook* and application for becoming an affiliated board.
3. At a designated meeting of interested women, present plans for forming a board.
   a. Choose a name which will permit expansion of function as need may arise; do not limit title to one sport.
   b. From the group, elect a chairman, chairman-elect, secretary, and treasurer.
   c. Form an examining committee of at least three members. If any member has been rated elsewhere, her experience should be helpful; such a rating is not necessary, however, except in basketball and volleyball. (See 4 below.) It is suggested that members of the examining committee be examined and obtain ratings from other affiliated boards whenever possible.
   d. Make plans for drawing up a constitution according to the sample copy received from the Officiating Services Area. Plan to devote some time to the study of the rules and to practice officiating. If possible, secure the assistance of some rated official in each sport for which the Board anticipates giving ratings.
4. Send to the Officiating Services Area Secretary the completed application form, two copies of the local constitution, and a check for $5 annual dues (made payable to the Officiating

Services Area). If *basketball or volleyball* ratings are to be given, an affiliated board must send a list of three State or National officials, and a provisional board must send a list of three officials with at least an Apprentice rating. A list of three interested women must be sent if the board wishes to give ratings in sports other than basketball or volleyball. If a board wishes continued affiliation in any sport, at the end of two years, an affiliated board will be required to have at least three State or National officials; a provisional board will be required to have at least three officials with at least an Apprentice rating. Approval of the application will come from the Officiating Services Area Chairman who will request that examination packets be sent to your Affiliated Board Chairman for all sports in which your Board is authorized to give ratings. The process of accepting an application for affiliation of a new Board and of requesting that the proper examination packets be sent ordinarily takes several weeks. Prospective Boards, therefore, should file for affiliation at least a month before they wish to hold rating sessions.

5. Administer Form A of the National Theoretical Examination. Form B of the National Theoretical Examination may be administered to those who did not pass Form A.
6. To cover expenses involved in the construction and evaluation of written examinations, boards should charge a fee each time an individual takes an OSA written examination.
   The OSA Treasurer should receive 50 cents for each written examination given by a board. Board fees can exceed 50 cents per test in order to cover operating expenses.
7. Conduct practice sessions in rating officials. All persons on the examining committee who have not previously rated officials should have a minimum of three practice sessions prior to actually rating. Secure the assistance of a rated official in these practice sessions if at all possible.
8. Give practical examinations to individuals who pass the written examination. These should be conducted by three members of the examining committee.
9. Request appropriate rating cards from the OSA Secretary for distribution to those who pass the theoretical and practical examination.
10. Send lists of approved officials to schools and other organizations in the area. This notice should indicate the fees for officiating in accordance with the OSA policy and should give the name, address, rating, and telephone number of each official.
11. Keep accurate lists of all persons receiving ratings. Forward

these lists to the chairmen of the Examinations and Ratings Committees in those sports in which your Board was authorized to give ratings.

SOURCES OF INFORMATION AND MATERIAL

Information Needed	Source
Board Policy	Officiating Services Area Chairman
Policies and Procedures Handbook	Officiating Services Area Secretary
Rules interpretation	DGWS rules interpreter for each sport. Secure the name from the current *Guide* of the sport.
Creating a new board	Officiating Services Area Secretary
Dues	Officiating Services Area Treasurer
Adding sports	Officiating Services Area Chairman
Officiating standards for each sport	Chairman of the Principles and Techniques of Officiating Committee

Materials Needed	Source
Rating cards	Officiating Services Area Secretary
Examination material	Examinations and Ratings Chairman for the sport in which examinations are desired
DGWS *Guides*	DGWS-AAHPER, 1201 Sixteenth St., N.W., Washington, D.C. 20036
Uniforms and emblems	The Hanold Company, Sebago Lake, Maine 04075

Officiating Services Area officers are listed under Officiating Executive Board in this *Guide*.

TRACK AND FIELD STUDY QUESTIONS
1974-76

Revised by the Track and Field Examinations and Ratings Committee

Directions:

Read all questions carefully. Select the one item which best answers the question. Place the letter of that item in the space provided on the answer sheet.

Sample Question: What is the direction of all running events?

a. Counterclockwise
b. Clockwise
c. With the sun to the runner's back
d. Depends on the layout of the track

Answer: a.

1. Which official is responsible for supervising the drawing prior to each track event that is run in lanes?
   a. Meet director
   b. Track referee
   c. Clerk of course
   d. Scorer

2. The second place timers' watches read as follows: 28.5, 28.8, 28.4. What is the official time for second place?
   a. 28.4
   b. 28.5
   c. 28.6
   d. 28.8

3. For the semifinals and the finals of running events which are to be run on a curve, the clerk of course shall make lane assignments according to which of the following procedures?
   a. By a chance drawing of lots
   b. Allowing each competitor to choose her own lane assignment in the order of competitors' best trial times
   c. The fastest girl is placed in the center lane, other competitors to her right and left based on best times
   d. The fastest girl is placed in lane number one, the second fastest in lane number two and so on

4. To watch for fouls in the high jump, where should the head field judge stand?
   a. To the side of the performer
   b. In line with her take-off spot
   c. Behind one of the jumping standards
   d. Beside one of the jumping standards

5. Sally is an excellent 14-year old track runner. In which age division may she compete?
   a. Only the 12-14 years division
   b. Only the 12-14 years or 15 years and over divisions
   c. Only the 15 years and over division
   d. Any age division but the 9-11 years division

6. A senior high girl may enter four events in a track and field meet. Which of the following is true about these four events?
   a. She may enter 1 field and 3 track events or 1 track and 3 field events
   b. She may enter 2 track events only if they are 440 yards or longer
   c. She may enter 3 track events but only 2 may be 440 yards or longer
   d. Her entries are unrestricted

7. As Eileen is passing to Nancy they drop the baton. Who must pick it up?
   a. Eileen
   b. Nancy
   c. Either of them
   d. They are immediately disqualified

8. In the start of a dash, after the starter said, "Set," one of the competitors was rolling forward just before the gun was fired. Which of the following should the starter do?
   a. Warn the runner of the infraction; no false start is charged
   b. Let the race continue; no false start occurred
   c. Call runners back; charge no one with a false start
   d. Call runners back; charge the runner with a false start

9. In the 220-yard run, the leader, ahead by five yards, takes one step out of her lane. Should this runner be disqualified?
   a. No, the following runners have ample time to change lanes
   b. No, she has not interfered with another runner
   c. Yes, she has committed a foul
   d. Yes, she has impeded the progress of the other runners

10. In a 100-meter hurdle race the first place finisher knocked down two hurdles and hit a third as she set a new national record. What is the official decision?
    a. The record stands
    b. The runner is disqualified
    c. The time may be established as a meet record but not as a national record
    d. The runner is declared the winner of the race, but no new record can be established

11. Carol's name is called for her first jump in the running long jump. She waits three minutes before beginning her jump. What is the decision?
    a. She is disqualified from the event
    b. Her jump is counted as a scratch, but she is allowed her other jumps
    c. She is warned, because it is her first jump
    d. Nothing is done because her action is legal

12. In the discus throw, which of the following is NOT a foul?
    a. Touching the ground inside the circle
    b. Falling down inside the circle
    c. Leaving the circle from the front
    d. Throwing outside the sector lines

13. During the high-jump competition, a contestant leaves to run the 100-yard dash. On her return, the bar is four inches above her scheduled height. What is the decision of the official?
    a. The bar is lowered to her previous height, and she is permitted three attempts
    b. The bar is lowered two inches, and she is permitted three attempts
    c. The bar is lowered two inches, and she is permitted one attempt
    d. The bar remains at its present height, and all previous heights are considered passes

14. Which of the following is a violation of the rules in the high jump?
    a. Using an approach which is greater than 60 feet
    b. Placing marks in the runway to aid the jumper in her approach
    c. Using a two foot take-off
    d. Placing an object on the crossbar to assist the jumper in focusing for her jump

15. Which of the following javelin throws would be ruled a legal throw?
    a. The apex of the javelin strikes the ground first, but it fails to hold and lands flat on the ground
    b. During a portion of the approach, the javelin is carried in the right hand and steadied with the left hand
    c. During the end of the approach, but prior to release, the thrower positions herself so that her back is in the direction of the throw
    d. While in flight, a legally thrown javelin breaks and then strikes the ground point first

16. In case of a tie in the high jump, which of the following procedures is correctly applied first in an attempt to break a tie for second place?
    a. The jumper with the lowest number of total misses wins
    b. The jumper with the lowest number of trials in the event wins
    c. The jumper with the lowest number of trials at the height at which the tie occurs wins
    d. Except for first place ties, the jumpers divide the points for the position for which they tied
17. The events in the pentathlon competition are to be held in a specific order. Which of the following lists of events indicates the correct order?
    a. Hurdles, shot put, high jump, long jump, dash
    b. Hurdles, high jump, dash, shot put, long jump
    c. Dash, shot put, high jump, long jump, hurdles
    d. Dash, long jump, high jump, shot put, hurdles
18. In computing total team scores, if two or more teams have the identical score what is the procedure?
    a. The team with the individual competitor scoring the most points is declared the winner
    b. The team placing the highest in the last event of the competition is declared the winner
    c. The team scoring the greatest number of first places is declared the winner
    d. The teams are declared co-winners of the meet
19. As Jane is awaiting her second trial in the running long-jump competition, the announcer calls for her to report to the starting line for the 100-yard dash. What procedure should Jane follow?
    a. Jane must withdraw from the long-jump competition and report to her track event
    b. Jane must wait and take her long-jump trial and then report to the track event
    c. Jane must use the distance of her first long jump as her only trial in that event and report to the track event
    d. Jane must leave the long jump, report to the track event, and then return to the field event and report to the long-jump judge
20. Information on wind conditions for all records shall be measured by an anemometer. For the track events that require wind information, where is the anemometer to be placed?
    a. At the starting line
    b. At the finish line

c. At the edge of the track, midway between the start and the finish, facing the finish line
d. At the edge of the track, midway between the start and the finish, facing the starting line

21. Which one of the following officials may serve as Meet Referee?
a. Meet Director
b. Clerk of Course
c. Track Referee
d. Scorer

22. Barbara is entered in both the high jump and discus. She asks the head field judge of the discus if she could take all three throws immediately since the high jump is running simultaneously. What is the judge's decision?
a. Allow her to do so
b. Allow her to do so if no one else also has that same request
c. Tell her she must jump in the order assigned or be scratched
d. Allow her to take her trials out of order but not all three at one time

23. How many alternates may be listed for each relay team?
a. 1
b. 2
c. 3
d. 4

24. In the preliminary running events, at least how many from each heat should qualify for the next round?
a. 1
b. 2
c. 3
d. Only go by times

25. How should the order of competitors in the field events be decided?
a. By previous heights or distances
b. By lot
c. Those in running events first, the rest by lot
d. They are given their trials as they arrive

26. At what precise moment should a timekeeper stop her watch?
a. When the entire body of the runner has crossed the finish line
b. When the runner has stepped on or over the finish line
c. When any part of the runner's trunk or neck reaches the nearest edge of the finish line
d. The moment any part of the runner's body reaches the nearest edge of the finish line

27. Which official determines whether a contestant may use her personal shot in the shot put competition?
    a. Meet Director
    b. Field Referee
    c. Custodian of Equipment
    d. Head Field Judge of the shot put event

28. What is the longest race distance in track and field for age 15 and over?
    a. 880 yards
    b. One mile
    c. One and a half miles
    d. Two miles

29. After a preliminary heat, a relay team discovers one of its runners is too ill to compete. Another girl takes her place. Is this action legal or illegal?
    a. Illegal; team is disqualified for substituting a runner
    b. Legal, if illness is certified by meet physician
    c. Legal, if her coach says that she is too ill to compete
    d. Legal; one substitution is allowed

30. Which one of the following statements does NOT apply to a shuttle relay race?
    a. The baton must be passed within the designated passing zone
    b. The runners may use either a standing or crouched starting position
    c. The runners must stay in their respective lanes
    d. The hands and feet of the next runner must be behind the restraining line

31 Which of the following is NOT a foul in the shot put?
    a. Putting from below the shoulder
    b. Putting the shot with two hands
    c. Leaving before the throw is marked
    d. Touching the ground inside the circle after releasing the shot

32. In the standing long-jump competition, which of the following techniques is legal?
    a. Executing the take-off from one foot
    b. Leaning forward over the scratch line prior to take-off
    c. Executing a double jump (both feet come off the ground twice) on the take-off
    d. Scraping the toes of one foot along the ground on take-off

33. In the basketball throw for distance, which of the following situations is legal?

a. Using both hands to execute the throw
b. Continuing in the competition after fouling on the first three throws
c. Taking a 15-foot running approach prior to release of the ball
d. Stepping on the scratch line just after the ball has left the hand

34. If four places are going to be awarded, which of the following scoring methods should be used?
a. 6, 4, 2, 1
b. 5, 3, 2, 1
c. 5, 5, 2, 1
d. 4, 3, 2, 1

35. Which official, responsible for the proper conduct of the entire meet, has the final say on any dispute which is not covered in the rules?
a. The Marshal
b. The Meet Director
c. The Meet Referee
d. The Scorer

INTERPRETATIONS

Inquiries concerning track and field study questions or examinations should be addressed to the Chairman of the Track and Field Examinations and Ratings Committee, Mary Allen, Physical Education Department, Concordia College, Moorhead, MN 56560.

ANSWERS AND RULE REFERENCES

Answer	*Rule Reference*
1. c	Techniques of Officiating, Procedures for Track Officials, 2e

Answer	*Rule Reference*
2. b	Techniques of Officiating, Procedures for Track Officials, 6i (1)
3. a	Techniques of Officiating, Procedures for Track Officials, 2f
4. d	Techniques of Officiating, Procedures for Field Officials, 2L (4)
5. d	1, 3
6. d	2i
7. a	3, 3e
8. d	3, 1d
9. b	3, 1e, k, L
10. a	3, 2, i
11. b	4 1d
12. a	4 4e, g, h, i
13. d	4 3i
14. c	4 3d, f, m
15. a	4 5h, j, n, o
16. c	4 3q (1)
17. a	4 7 (2)
18. c	5 2b
19. d	6 2b
20. d	7 3d (1)
21. c	Techniques of Officiating, Procedures for Track Officials: Note
22. d	Techniques of Officiating, Procedures for Field Officials, 2f
23. d	3 3L
24. b	Techniques of Officiating, Procedures for Track Officials, 1a (1)
25. b	Techniques of Officiating, Procedures for Field Officials, 2a
26. c	Techniques of Officiating, Procedures for Track Officials, 7b
27. b	Techniques of Officiating, Procedures for Field Officials, 1f
28. d	1, 1
29. b	3 3i
30. a	3 4a, b
31. d	4 6f, g, h
32. b	4 2c, d
33. c	4 7b, c, e
34. b	5 1a
35. c	6 1a (Techniques of Officiating, Procedures for Track Officials, 1g)

TECHNIQUES OF TRACK AND FIELD OFFICIATING

Revised by the PRINCIPLES AND TECHNIQUES
OF OFFICIATING COMMITTEE

Desirable Qualities for Making a Good Official

Officiating track and field events demands much more than just knowing and interpreting the rules. Listed below are some of the qualities desirable in a good official.

1. Each official should be familiar with the track and field rules as outlined in the current *DGWS Track and Field Guide*. However, when a violation occurs which is not covered definitely in the rules, the official should reflect the spirit of fair play and apply decisions as objectively as possible.
2. Being a good official demands something more than just performing the duties listed in the *Guide*. A distinct personality is desirable; she must be able to make prompt, immediate, and accurate decisions on many complex questions. A person with an element of timidity in her personality will find it difficult to impress other officials and competitors in closely contested situations with her competence.
3. In the excitement of competition many unfortunate incidents can occur to spoil the meet. An official must be able to anticipate such incidents and, with a timely warning or firm action, prevent a good meet from being marred.
4. Temperament on the part of an official must be kept in check just as the temperament of a competitor must be. She should be courteous, just, and objective at all times.
5. Being a good judge of track and field events demands:
   a. The ability to concentrate on the immediate task. Often several events are scheduled simultaneously, and it is therefore easy for one's attention to stray from one event to another.
   b. The ability to dispense with all sentimental and emotional tendencies at the precise moment of judging. The primary duty of a judge is to provide a just and accurate result of the event.

Suggested Officials for a Meet:

The number of officials necessary to conduct a meet varies. Dual meets will not require as many officials as larger meets. For maximum efficiency, the following officials are suggested for meets where three or more places are being awarded:

1 meet director
1 track referee
1 field referee
1 clerk of course
1 starter
7 finish judges, including chief
7 timers, including chief
6 inspectors
3 field judges per event, including chief
1 custodian of equipment
1 marshal
1 scorer
1 announcer
1 doctor
1 surveyor
1 recorder if new records made
1 custodian of awards

If necessary, assistants may be provided for the chief clerk of course, the scorer, the marshal, the announcer, the chief timekeeper, and the chief field judge. No official should act in a dual capacity, nor should any track team or club team manager act as an official at a track and field championship meet.

TECHNIQUES OF OFFICIATING*

General Procedures:

1. An official should be sure of date, time, and place when accepting an assignment.
2. If unable to keep an appointment, an official should notify the meet director at least 24 hours in advance.
3. An official should arrive at the track 30 minutes before the meet is scheduled to start.
*4. An official should wear an appropriate skirt, culottes, or kilts, a blouse, and rubber-soled shoes. Try to wear the official DGWS-OSA uniform.
5. An official should introduce herself to the meet director, track and field referees, and other officials.
6. An official should get the assignment from the meet director and report to the person in charge of the event. If she is in charge of an event, she should check off her officials as they report.

Procedures for Meet Officials:

1. **Meet Director**
   a. Be directly responsible for the procuring of the track itself and for getting together the officials necessary for the running of the meet.
   b. Obtain the awards.
   c. Send out the entry blanks and be their recipient when they are returned. After all entries are in, the meet

*New procedures or changes in wording are indicated by an asterisk.

director shall turn over the list of competitors' names to the track and field referees, along with the order of competition.

d. Rule upon all late entries or substitutions.
e. Procure all equipment necessary for the running of the meet.
f. Have weights and measures available on the field for checking field event equipment.
g. Give the surveyor a list of the specifications for the marking of the track and field.
h. Obtain the completed results and records of the meet from the scorer.
*i. **Custodian of Equipment**
   (1) Be in charge of all implements and items used in the meet.
   (2) Issue equipment to all chief judges and chief timekeepers, keeping record of all officials' names and numbers of equipment.
   (3) See that all equipment is returned.
*j. In cross-country events, indicate each half-mile of the course by placement of the yellow flag.

2. **Announcer**
   a. Inform all athletes of each event and notify finalists to report to their respective events.
   b. Inform the public of the progress of the meet, competitors' names, and the results of each race or event.

3. **Scorer**
   a. Have charge of all completed timers' and judges' finish cards and transcribe the results onto a master sheet.
   b. Notify the clerk of course of the competitors eligible for the semifinals and finals.
   c. Allot points for places won to teams that are entered, in order that the team trophy may be awarded.
   d. See that the announcer gets results of semifinals, finals, broken records, etc.
   e. Have all records checked, approved and signed by the referees.
   f. Turn over all completed records to the meet director.
   *g. **Recorder**
   Have charge of applications for new records. If any records are broken, she shall have the responsibility of seeing that the applications are duly filled out, certified, and sent to the proper authorities.

h. Custodian of Awards

(1) Have custody of all awards.

(2) Obtain a list of winners' names directly from the scorer.

(3) See that all winners receive their awards.

Procedures for Track Officials:

1. Track Referee

a. Obtain a list of all competitors from the meet director and prior to the start of the meet, place competitors in heats.

(1) *Determine the number of heats by the number of contestants and the number of lanes available.* Example: With six lanes available and 36 contestants entered, the event requires heats of six each. Then the two fastest contestants from each heat qualify for the semifinals (two of six each). The three fastest from each semifinal qualify for a final of six girls.

(2) *When past performances are known, determine the fastest girls and place them in different heats.* Example: Six-heats, 6 fastest girls, one in each heat. Seventh fastest girl placed in heat #6, eighth fastest in heat #5, ninth in heat #4, tenth in heat #3, eleventh in #2, twelfth in 1. The thirteenth fastest is then placed in heat #1 continue placing the girls by times working from heat #, through #6, and from #6 to #1. Try not to place a teammate against another in the same heat.

(3) *When times are not known, place contestants in any heat, trying not to place them against a teammate in the same heat.*

b. Have charge of all running events and the responsibility for the proper carrying out of the track program.

c. Inspect the proper marking of the track.

d. Confer with the chief judges, clerk of course, scorer, and starter prior to the meet to be sure that each has sufficient personnel.

e. Inform the head official of the number of heats and the number of competitors who will qualify for the semifinals and finals. (Refer to chart on page 86.)

Note: Even though two people are assigned to officiating, one a track referee and one a field referee, it is the common practice for one person to assume the responsibility for both. His title would be Meet Referee and she is responsible for the enforcement of all rules and decisions.

f. In cooperation with the appointed marshal, ensure that only the authorized persons are allowed in the immediate area of the field or arena.

g. See that all rules are observed and decide any technical points which arise during the meet. If there are no set rules covering a dispute, the track referee shall have the final judgment in the matter.

h. Have the power to exclude any competitor or official for improper conduct or apparel, and decide immediately any protest or objection about the conduct of a competitor or official.

i. After the meet, inspect, approve, and sign the scorer's records.

*j. **Marshal**

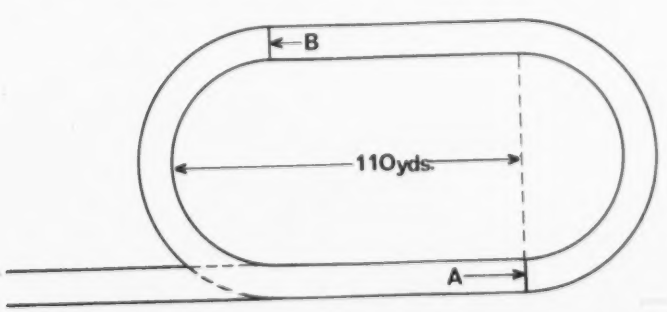
(1) Police the track and make sure that all unauthorized persons are kept out of the throwing areas.

(2) See that the track is kept clean at all times and that spectators do not interfere with judges' and timers' view.

2. **Clerk of Course**

a. Always check the starting line and finish line of each running event for the proper distance.

b. The following diagram presents the starting line and finish lines for races run on the curve and on a quarter mile track.



A – Start and finish: 440, 880, 880 yd. medley relay, 1 mile, and 1 mile relay, 220 (finish only)

B – Start: 220, 200 relay

NOTE: The following table can be used in forming heats for dashes, relays, and hurdles:

FOR SIX LANES

No. of Entries	No. Trial Heats	No. Qualifying	No. Semi-final Heats	No. Qualifying	No. in Final
1 to 6	0	—	0	—	6
7 to 12	2	3	0	—	6
13 - 18	3	4	2	3	6
19 - 24	4	3	2	3	6

(25 or more requires quarter-finals following above pattern.)

FOR SEVEN LANES

1 - 7	0	—	0	—	7
8 - 14	2	3	0	—	6
15 - 21	3	4	2	3	6
22 - 28	4	3	2	3	6

(29 or more requires quarter-finals following above pattern.)

FOR EIGHT LANES

1 - 8	0	—	0	—	8
9 - 16	2	4	0	—	8
17 - 24	3	4	2	4	8
25 - 32	4	4	2	4	8
33 - 40	5	3	2	4	8

(41 or more requires quarter-finals following above pattern.)

FOR NINE LANES

1 - 9	0	—	0	—	9
10 - 18	2	4	0	—	8
19 - 27	3	3	0	—	9
28 - 36	4	4	2	4	8
37 - 45	5	3	2	4	8
46 - 54	6	3	2	4	8

(55 or more requires quarter-finals following above pattern.)

c. Have assistants to help with assigned duties and to carry messages.
d. Obtain from the track referee the name and number of all competitors in their respective events and heats.
e. Supervise the drawing of each lane prior to each trial event if the track event is being run in lanes.
f. Determine placement of runner in lanes for semifinals and finals of running events by chance drawing of lots.
g. Have the announcer notify competitors to appear at the starting line before the start of each event in which they are entered.
h. Make sure each competitor is in her proper lane. The lane closest to the curb or pole shall be numbered "1". The remaining lanes shall be numbered consecutively from three outward.
i. Have runners lined up several heats in advance if there are a number of heats to be run in any event.
j. Obtain the names and numbers of all qualifiers for semifinal and final heats from scorer and make sure that the list has been certified by the track referee. These competitors will have been assigned to lanes according to time so that the fastest girl will be placed in the center lane, the second fastest girl placed in the lane to her right, the third fastest girl placed in the lane to the left. The other girls are placed from right to left according to times until each lane is filled. The two outside lanes will contain girls with the slowest times.
k. Place each competitor in her assigned lane for the semifinals and finals. When the competitor who has qualified in a preliminary trial withdraws from the competition in the semifinals or finals, no substitute may replace that competitor.
l. In relay races, see that the members of each starting team have been properly selected from the original relay entry blank. If any organization enters more than one relay team, see that each of its teams has a different letter, e.g., Blue A, Blue B.
m. After making sure that each competitor is placed in her respective station for the relay, be responsible for the readiness of batons for the leadoff runners.
n. The clerk of the course, before the starting of each race, shall give the head finish judge a card with the names of the competitors, their numbers, and the lanes in which they are running. (See example on page 89.)

3. **Starter**

a. Wear a colored sleeve on the gun arm that will be clearly discernible to the judges and timers.

b. Rule on all questions concerning the start and have entire control of the competitors on their marks.

*c. Prior to the first heat, issue instructions to all competitors in the event about the signal for starting, which shall be to call "Take your mark," "Set," wait until all runners are motionless (approximately two seconds), and fire the gun or another signal. Other instructions should include: length of the event, the finish line, false starts, cutting in, lap times, and staying in lanes.

d. For races in which all runners are using standing starts the starter, having placed the runners on their mark will use the command, "Set," and fire the gun. Runners should be so instructed.

*e. When using staggering starts, the starter may use whistle commands, rather than vocal, to ensure her being heard. A long, loud blast should be used for each voice command, then the gun fires. Runners should be so instructed.

f. If competitors on the mark are nervous or unsteady, have them stand up and attempt to steady their nerves. This must be done before the gun, or it is a false start.

g. Make sure that each competitor is on her mark and that everyone's hands and feet are behind the starting line.

h. Warn or disqualify any runner disconcerting other competitors.

i. Signal to the timers and judges that runners are ready.

j. Be sole judge of anyone making a false start and, if the gun has already been fired, recall the runners by again firing the gun. If a competitor makes a false start before the gun has been fired, the starter shall call everyone off her mark, and the clerk of course shall reassemble the runners.

k. Warn all competitors prior to the start of each race that any competitor making two false starts shall be eliminated from the race. The starter should warn the competitor by saying, "You have one false start; one more and you will be disqualified."

*l. In races where competitors stand in an even line, stand approximately one foot in front of and approximately ten feet to the side of the competitors. (See diagram on page 90.)

*m. In races where competitors start on a staggered start or uneven line, stand directly in line with the competitors (as diagrammed on page 90).

SAMPLE OF CHIEF FINISH JUDGE AND CHIEF TIMER'S REPORT

MEET..... DATE..... EVENT.....

HEAT..... (1st, 2nd, 3rd, Final)

TRACK EVENTS

DASHES • HURDLES • RELAYS • MIDDLE DISTANCE • DISTANCE RUNS

Chief Finish Judge..... Chief Timekeeper.....

LANE NUMBER	COMPETITOR	TIME sec. tenth	PLACE

Chief Finish Judge and Chief Timer sign and return card to Scorer.

NOTE: Final heat cards could be of a different color from the other heats.

n. When cutting in is allowed, the starter shall inform the contestants where and when they may cut to the inside lane after completing the first turn.

POSITION OF STARTER

*o. Use a starting gun not less than .32 caliber with power giving a distinct flash, and hold the gun in such a manner as to provide a background against which the flash is clearly discernible. When a gun is non-functioning or not available, a short, quick blast of a whistle can be used for the start signal.

p. Always have at least two shells in gun before starting any race. Be sure to look over the pistol before using it and make sure it is not loaded with live ammunition.

q. Have an assistant starter to help watch for anyone over the line. (The assistant starter should have a whistle or extra gun to recall runners in the event that the starter's gun fails.)

4. **Chief Finish Judge**

a. Assign finish places to all judges.

b. Have one or two assistants help with the duties and carry messages, such as the finish cards, to the scorer.

c. See that the finish string is ready and that someone has been appointed to hold it if there are no posts available.

d. When the starter blows her whistle and raises her gun, check to see that all of the judges are ready and report to the chief timekeeper that all judges are ready.

e. Note the finish of each competitor in order to issue a decision in case of a disagreement between judges. If there is a tie in any heat which affects qualification for the next semifinals or finals, the tying competitors shall both qualify

if lanes or positions are available. If not, the tying competitors shall compete again for the available lane or position.

f. In the event that a competitor should be overlooked by all the judges, i.e., if she did finish in a placing position but was not picked by the place judges, the chief judge may place the girl so overlooked in the position in which *she saw* her finish. The chief judge may so act only if the problem cannot be solved by the judges in the manner prescribed above. If the chief judge cannot make a decision, she should confer only with the track referee.

g. Provisions should be made for the taking of official pictures of finishes in championship meets, and such pictures shall be taken from a point on the finish line extended which adequately shows the finish of each contest; then the decision of the judges of the finish shall be subject to review and revision or affirmation by the referee, who shall be guided by the evidence of such pictures.

h. Make arrangements to place the judges of the finish and the timers on elevated stands at a minimum distance of 16 feet from the edge of the track.

i. The chief finish judge shall instruct the finish judges to watch the race until the competitors are within ten yards of the finish line, and then concentrate on the finish line.

j. At the conclusion of each race, the chief finish judge will write on the heat card received from the clerk of course, the places of the competitors as indicated to her by the judges. She will sign the card and hand it to the chief timekeeper.

5. **Finish Judge**

a. Whenever possible, stand on the side of the track directly opposite the finish line, preferably on an elevated platform, in order to have an unobstructed view of the finish line.

b. At least two judges shall be assigned to each place to be picked and should serve at opposite sides of the track.

c. As the runners approach the finish, focus eyes on the finish line; do not watch the progress of the race. If picking third place, it helps to count mentally while focusing on the finish line. Look straight across and count "one, two, three" as the runners cross the finish line.

d. Pick the competitor at the moment any part of the body (i.e., torso, including neck – as distinguished from the head, arms, legs, or feet) reaches the nearest edge of the finish line.

e. At the finish of each race, immediately notify the chief finish judge of your decision.
f. There shall be no discussion with other judges about the outcome of the race until after the chief finish judge has been notified.

6. **Chief Timekeeper**
   a. Obtain from the track referee a list of meet, American and world records.
   b. Have one or more heat assistants help with the duties and carry messages, such as heat cards, to the scorer's table.
   c. Be sure all watches are numbered and that the name of the person using each watch is recorded with the number.
   d. See that watches are synchronized before being assigned to timekeepers. Test them by touching the stems of two watches together to start and stop them, to see if they are running in time with each other. All watches should be checked this way. The watches that run closest together should be assigned first and second place.
   e. Assign place finishes to all timekeepers.
   f. When the starter blows her whistle and raises her gun, check to see that all timekeepers and finish judges are ready, and signal back to the starter that all are ready. Also call out, "Gun is up."
   g. Be in such a position as to time first place and more places if possible. In a case where the watches fail to catch a time for a place, no time shall be recorded for that place.
   h. Check each watch as the time is given by the timekeeper, record the times of the contestants, and hand the card to the scorer. (See card on page 89.)
   i. Rule on the official time as follows:
      (1) If there are three watches on one place and all three watches show different times, the chief timekeeper will consider the middle time as official (not the average of the three).
      (2) If two of the three watches are the same and one is different, the time in which two are identical will be official.
      (3) If there are only two watches on a place with each showing a different time, the slower of of the two shall be considered official time.
   j. In the case of a second place time being faster than the first place time, consider the second place time to be wrong and adjust the time accordingly. If a decision cannot be made, the chief timekeeper shall confer with the track referee.

k. After all the times have been duly inspected, order all watches cleared and made ready for the next race.

7. **Timekeepers**

a. Check the watch before the start of the meet with the chief timekeeper and become familiar with the type of watch. Check periodically to make sure the watch is properly wound during the progress of the meet.

b. Start watch exactly with the flash of the gun and stop watch at the moment when any part of the competitor's body (torso, including neck – as distinguished from the head, arms, legs, or feet) reaches the nearest edge of the finish line.

c. There should be no discussion with the other timekeepers about the times of the runner in the event.

Elevated stand for timekeepers and finish judges.

d. Use good timing techniques.

(1) Hold the watch lightly in the right hand with the index finger on the stem. The index finger must be given full freedom to move.

(2) Practice starting and stopping the watch until you get the feel of the action of the stem. When preparing to time, take up the slack (extra movement) in the stem by pressing it until the slightest extra movement will start the watch.

(3) Squeeze the stem slowly, as you would the trigger of a gun; only the index finger moves.

(4) The time is taken from the flash of the pistol to the moment that any part of the body (torso) of the competitor reaches the nearest edge of the finish line.

(5) If the hand of the watch stops between the two lines indicating the time, the nearest slowest tenth shall be accepted (i.e., 12.1+ shall be 12.2).

(6) For races of one mile or less, the timing shall be to 1/10 second.

(7) The timekeepers should be placed at least 16 feet from and in line with the finish. In order that they have a

good view of the finish line, an elevated stand should be provided whenever practical.

e. Wait until chief timekeeper gives instructions before clearing watch.

f. Return the watch to the chief timekeeper and make sure your name is checked off at the end of the running events.

8. Inspectors

a. There should be at least six track inspectors, one of whom is designated as the head inspector.

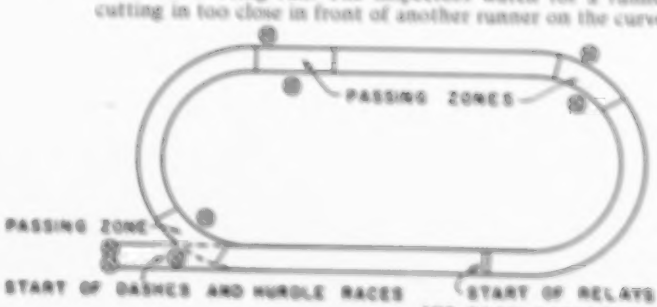
b. Inspectors have no right or authority to make decisions but must report all infractions or irregularities of the rules to head inspector immediately after the race. The head inspector will report directly to the track referee. When all the facts concerning any infractions have been viewed, the referee decides if there has been a violation of the rules.

c. In hurdle races and dashes, two inspectors should stand behind the starting line. The others are stationed at intervals along the track.

d. In races where each competitor runs in a lane and must round a curve, it is the duty of the inspector, stationed on the curve, to see that each competitor stays in her lane and makes no foul.

e. For races in lanes around turns, an inspector should be assigned two lanes for the entire turn with the responsibility for seeing whether or not the runners remain in their respective lanes.

f. Four inspectors should be used when the 440, 880, and/or the mile is being run. The inspectors watch for a runner cutting in too close in front of another runner on the curve.



Suggested placement of inspectors.
(I)— inspectors

g. In relay races, inspectors should be placed to cover each passing zone and she must be sure the baton is passed within the passing zone.

h. Inspectors must watch to see that a competitor who has finished her baton pass does not interfere with the baton passing of the runners on competing teams.

Procedures for Field Officials:

1. **Field Referee**
   a. Be in charge of all field events and responsible for the proper carrying out of the field event program.
   b. Inspect all throwing areas to determine if sectors and scratch lines are clearly marked.
   c. Inspect jumping pits, runways, and crossbars for jumping events.
   d. Make certain that equipment for all field events is available.
   e. Inspect equipment to make sure it is of official standard size and weight. (May need a weighing device.)
   f. Rule on use of contestant's personal equipment (shot, discus, or javelin). Any such implement which is ruled official may be used by any contestant, if so desired.
   g. Make certain there are sufficient judges and assistants for all field events.
   h. Make sure all field judges and assistants know and understand their duties, methods of measuring, and what constitutes a foul in that event.
   i. Obtain the list of contestants for field events from the meet director and determine the order of competition and number of finalists before the day of the meet. When completed, turn over to head field judge in charge of each event. The order of competition is usually determined by the number of participants, time for events, amount of equipment, and number of assistants available. Possible methods of conducting competition are as follows:
      (1) Contestants each have one trial in first round . . . one in second, etc.
      (2) Contestants could have two successive trials in first round and one in second round.
      (3) Contestants could be divided into flights. All those in one flight complete all preliminary throws or jumps. Next flight does the same.

      (The above methods more commonly pertain to throwing events.)
   j. See that field events start on time.
   k. Rule on all questions pertaining to field events.

l. After the meet is finished, inspect, approve, and sign the scorer's records.

* **Surveyor**

Obtain a list of events from the meet director.
Plot and clearly mark all throwing areas and track lanes and lines according to official specifications furnished by the meet director.

2. **Head Field Judge of Each Event**

a. If the order of competition has not been decided in advance, supervise the drawing of lots by using one of the following: cue balls, paper, straws, etc.
b. See that the necessary equipment is available (implements, measuring instruments, markers, rakes, crossbars, powdered resin for take-off board). Each judge inspects her own area, inspecting runways, jumping pits, and throwing areas.
c. Instruct field judges and assistants as to their duties, methods of measuring, what constitutes a foul, etc.
d. Refer anyone wishing to use her own implement (javelin, shot, discus) to field referee.
e. Advise contestants as to runways, sectors, and scratch lines; order of competition; number to qualify for finals; etc.
f. Make sure contestants who are competing in other events understand that they are to report back to head field judge when they have finished participating in the other event, or after each trial flight or round if it is another field event. Running events take precedence over field events.
g. Instruct contestants to be ready to perform as soon as the contestant preceding them has finished her trial.
h. In the high jump, announce the starting height and the subsequent heights to which the bar will be raised at the end of each round.
i. Call off names of contestants in order of competition as follows: "Brown up; Smith on deck; Jones in the hold."
j. Call fouls the instant they occur by calling out "Foul."
k. In the long jump and throwing events, record a throw or jump on which a foul occurs as a trial or throw, but do not count the distance.
l. To watch for fouls, stand in the following positions:
(1) In the shot put, discus, and standing broad jump – to the side of the performer.
(2) In the running broad jump – beside the take-off boards; focus eyes on feet of jumper.
(3) In the javelin, basketball and softball throws – at the scratch line of arc.

(4) In the high jump – beside one of the jumping standards.

m. In the high jump, announce misses in this way: "First miss, second miss, final miss."

n. In the high jump, record misses at each height.

o. Read and record measurements.

p. Record distances under 100 feet to nearest quarter inch and, if over 100 feet to nearest half inch below distance covered. (Ignore fractions less than a quarter and a half inch.)

q. After jumps, signal to assistants to rake the pit and when pit is in order, announce the next contestant. In the high jump, wait until bar is replaced and make sure that the bar is still, not shaking in the wind.

r. Measurements for shot put and long jump shall be made immediately after each throw or jump.

s. Use the following measuring techniques:

(1) Measurements of shot put and discus throw: Measurements shall be made from nearest mark made by fall of implement to inside edge of circle circumference along a line from mark of implement to center of circle. Zero end of tape should be held at mark of implement. Measurement may be found by moving the tape through an arc along inside edge of circle until the shortest distance is found.

(2) Measurement of basketball, softball, and javelin throws (when javelin is thrown from a scratch line) shall be made from nearest mark made by implement to inside edge of scratch line at the center of the scratch line. Zero end of tape should be held at mark of implement.

(3) Measurement of javelin, basketball, and softball throws where scratch line arc is used, shall be taken at the inner edge of the circumference of the arc. Such measurement shall be made on a line from the nearest mark made by the point of the javelin to the center of the circle of which the arc is a part. Zero end of tape should be at mark of implement.

(4) Measurement of long jump is made from nearest mark in pit made by any part of body or limbs to edge of take-off board nearest the pit. (Zero end of tape should be held at break in pit – use knife or pencil through metal loop of tape.) Tape must be stretched at right angles to take-off board or its extension.

(5) Measurement in the high jump shall be made in a perpendicular line from the lowest point on the top

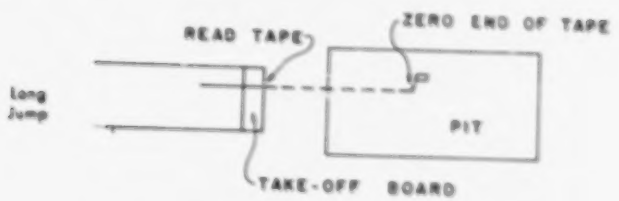
side of the crossbar to a point on the same level as the take-off. Measurement of height of crossbar shall be made each time the bar is raised to a new height.

t. Determine who shall throw in the finals. (Select one more than there are places awarded.)
u. Determine the order of competition in the finals. This is done in reverse order of performance in the preliminaries; i.e., the one with the best throw in the preliminaries should be the last to throw in the finals.
v. Send names of those who qualify for finals to scorer. Results should be announced and contestants informed as to those who qualified for finals.
w. Credit each competitor with the best of all her preliminary and final trials.
x. After finals are completed, determine how contestants finished, sign event sheets, and send final results to scorer.
y. See that field judges or assistants collect and return equipment to custodian.

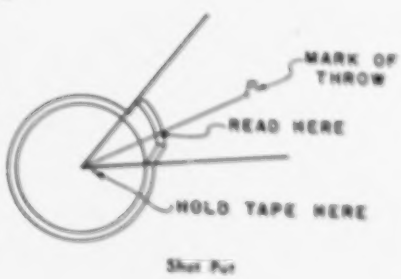
3. **Field Judge**

a. In the throws, keep an eye on the implement and immediately mark the spot where it first touched the ground. Do not retrieve the implement until the throw has been properly marked.
b. With the exception of the shot put, markers should be identified with the contestant. (Example: No. 1 uses sticks marked with figure 1, No. 2 uses sticks marked with figure 2, etc., or each competitor can use the number on her uniform.)
c. In marking of throws, if a second throw is obviously greater than the first throw, the first marker may be taken up. Should a girl's second throw be obviously less than her first throw, the second throw need not be marked. If there is a question, place a marker for each throw.
d. Measure distances after all preliminary throws are completed.
e. Remove markers after measurement of preliminary throws.
f. See that implements are returned to throwing area at proper time (not when a contestant is throwing).
g. Measure long jump and shot put distances immediately after each trial.
h. All measurements of height and distances should be made with a steel tape graduated in quarter inches.
i. In the high jump, replace crossbar with same surface uppermost and same surface to the front each time.

CHARTS FOR MEASURING FIELD EVENTS

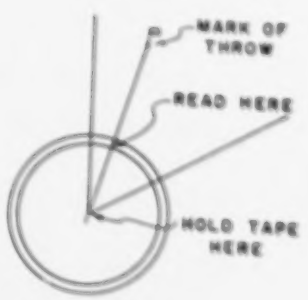


Javelin



Shot Put

High Jump



Discus

j. In the high jump, raise bar when necessary, as indicated by head field judge.
k. Have assistants to help carry out duties (retrieving implements, carrying messages, replacing crossbar, raking jumping pits, measuring, marking throws).
l. See that rakes are not where contestants might land on them. Do not rake pit when contestant is making her approach.
m. In jumps, stand back away from the runway, jumping pit, and/or jumping standards so you do not distract the contestant.
n. Collect the equipment at the end of preliminaries or finals and return it to the custodian of equipment.

SAMPLE TEAM SCORESHEET
EVENTS

TEAMS	50-yd. dash	100-yd. dash	50-yd. hurdles	440-yd. run	300-yd. relay	440-yd. relay	High jump	Running long jump	Baseball throw	Shot put			Total score	Place

SCORING SYSTEM_____
SCORER_____
MEET_____
DATE_____
PLACE_____

SAMPLE FIELD EVENT SHEET TRACK AND FIELD

MEET _____ HIGH JUMP

DATE _____

PLACE _____

COMPETITORS	ORGANIZATION	HEIGHT OF BAR																										PERFORMANCE	PLACE
		3'6"			3'8"			3'10"			4'			4'2"			4'3"			4'4"			4'5"			4'6"			4'7"			4'8"				
		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3		

PLACE WINNERS HT.

			HEAD FIELD JUDGE
			FIELD REFEREE
			OFFICIAL SCORER

SAMPLE FIELD EVENT SHEET TRACK AND FIELD

SHOT PUT

MEET _____

DATE _____

PLACE _____

		TRIALS						FINALS							
		1		2		3		1		2		3		PLACE	
NAME	NO.	FT.	IN.	FT.	IN.	FT.	IN.	FT.	IN.	FT.	IN.	FT.	IN.		

HEAD FIELD JUDGE _____

OFFICIAL SCORER _____

FIELD REFEREE _____

[illegible] EVENT SHEET

EVENT _____ DATE _____

PLACE _____

[illegible]							
[illegible]							
[illegible]							
[illegible]							
[illegible]							
[illegible]							
[illegible]							

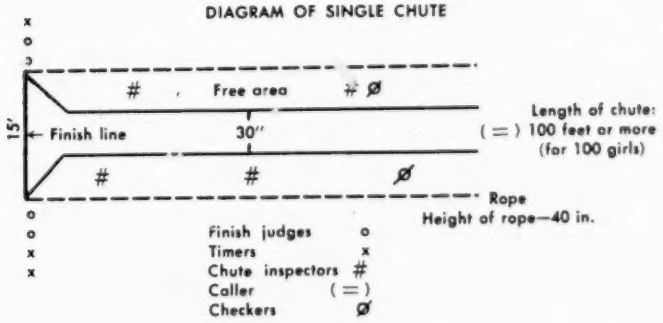
[illegible] _____

[illegible] _____

Note: [illegible] fastest from each heat qualified for semifinals. Three fastest from each semifinal heat qualified for finals.

TECHNIQUES OF CROSS-COUNTRY OFFICIATING

DIAGRAM OF SINGLE CHUTE



As the competitors approach the finish line, they enter the wide stem of the funnel and then commence toward the narrow end of this funnel.

Suggested Officials for a Cross-Country Meet

The number of officials necessary to conduct a meet varies. Dual meets will not require as many officials as larger meets.

Meet director	1 doctor
1 referee	3 timers
1 starter	1 surveyor
4 finish judges	4-6 course inspectors
1 clerk of course	2-4 chute inspectors
1 marshal	1 caller
1 scorer	2 checkers
1 announcer	

TECHNIQUES OF OFFICIATING

The following techniques should be studied by officials for the efficient execution of their jobs.

Duties of the following officials are omitted from this section. (See Techniques of Officiating beginning on pag. 82.)

Meet director	Announcer
Referee	Doctor
Clerk of course	Timers
Marshal	Surveyor

Starter

Duties of the starter are the same as listed in techniques of officiating under "Starter," page 88, with the following exception:

The starting command shall be: "On your mark," and firing of the gun or another signal.

Finish Judges

The finish judges stand outside the chute and on the finish line, and determine the order in which runners enter the chute. Their decision is final.

Course Inspectors

The course inspectors observe the activity of the runners. If any runner fails to run the proper course or otherwise violates the contest rules, the inspectors report the infraction to the referee.

Chute Inspectors

The chute inspectors supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that any runner who crosses the finish line is given her proper order as the contestants go through the chute. Some officials instruct contestants in the chute to place a hand on the shoulder of the one in front of them to prevent gaps in the line.

Caller

The caller calls the number of each contestant in the order of her proper place in the chute.

Checker

The checkers hand a numbered card, indicating the order of finish as announced by the caller, to each competitor as she leaves the chute.

Scorer

1. Have charge of all completed timers' finish slips and place the results upon a master sheet.
2. Receive from each contestant that finished the race a numbered card which indicates the order of finish.
3. Allot points for places won to teams which are entered, in order that the team trophy may be awarded.
4. See that the announcer gets final results.
5. All scorer's records must be checked, approved, and signed by the referee.
6. Turn over all completed records to the meet director.

Inquiries concerning this article should be directed to the Track and Field Principles and Techniques of Officiating subchairman:

Bonnie Parkhouse
108 Cooke Hall
University of Minnesota
Minneapolis 55455.

SUGGESTIONS FOR CONDUCTING TRACK AND FIELD MEETS

The following items are not rules, but are offered here as suggestions for organizing competitive events.

1. 18" hurdles may be used for elementary schools.
2. When planning a dual meet, plan to include at least one jumping, one throwing, two running, and one relay event.
3. Do not have more than six relay teams run at one time.
4. Novelty events may be included in a meet in addition to the official events.
5. Records will be considered for publication if the only rule not adhered to is the use of an anemometer in Rule 9.
6. Every precaution should be taken to insure discretion in the types and styles of uniforms worn for competition.

SUMMARY OF RULE CHANGES, 1974-1976

The 1972-74 DGWS Track and Field Committee is pleased to announce the following changes in the rules.

The rules have been renumbered with appropriate sections under each rule. New additions to the rules are indicated with an asterisk (*). Clarifications in rules are indicated with a dagger (†).

†Rule 1, sections 1 & 2 allows the changing of categories from school grades to age. It also allows the addition of these events: 880-yard run for ages 9-10-11; 1-mile run, 100-meter hurdles for ages 12-13-14; 2-mile or 3000-meter run; 60-yard (indoor hurdles, and 400-meter hurdles for college and open.)

The basketball throw in ages 9 through 14 is to be an official *junior* basketball, and the basketball throw for ages 15 and over, college and open, is deleted.

*Rule 1, section 3 is a clarification regarding age competition.

*Rule 2, section 1, i allows no restriction as to combination of running and field events.

*Rule 2, section 1, j is a clarification and includes new events.

†Rule 3, section 1, b, h, and i are clarifications.

†Rule 3, section 1, o attests to the need of an official to call out lap times.

*Rule 3, Section 2, d additional distances, heights in feet and meters for hurdle races.

†Rule 3, section 3, k and l clarification.

†Rule 3, section 4, a clarification for competitive starts.

*Rule 4, section 1, d a new procedure for running long jump.

*Rule 4, section 2, b procedure for standing long jump.

*Rule 4, section 3, g procedure for running high jump.

Rule 4, section 4, a color of paint not necessary.

*Rule 4, section 4, d procedure for discus.

†Rule 4, section 5, a description of grip.

Rule 4, section 5, b color of paint not necessary.

*Rule 4, section 5, d new procedure for javelin.

*Rule 4, section 5, j clarification of point or apex of javelin.

*Rule 4, section 6, e new procedure for shot put.

†Rule 4, section 7, a basketball throw will use an official junior basketball.

Rule 4, section 7, d deletion regarding indoors and paint.

†Rule 6 becomes 5 due to previous misnumbering.

†Rule 7 becomes 6 due to previous misnumbering.

†Rule 6 section 1, k and o Clarification by changing word "body" to torso."

*Rule 6, section 1, n5 Description of timing for all races.

†Rule 8 becomes 7 because of previous misnumbering.

Cross-country running becomes a separate section.

OFFICIAL TRACK AND FIELD RULES FOR GIRLS AND WOMEN

RULE 1. TRACK AND FIELD EVENTS

SECTION 1. Track events at all official track meets for girls and women may include any of the following:

RUNNING

Ages 9-10-11	*12-13-14*	*15 and Over*	*College and Open*
50-Yard Dash	50-Yard Dash	50-Yard Dash	*60-Yard Dash (indoor)
75-Yard Dash	100-Yard Dash	100-Yard Dash	100-Yard Dash
100-Yard Dash	220-Yard Dash	220-Yard Dash	220-Yard Dash
*220-Yard Dash	440-Yard Dash	440-Yard Dash	440-Yard Dash
*440-Yard Dash	880-Yard Run	880-Yard Run	880-Yard Run
*880-Yard Run	*1-Mile Run	1500-Meter Run (or 1 mile)	1500-Meter Run (or 1 mile)
*1-Mile Cross-Country	1-Mile Cross-Country	*2-Mile or 3000-Meter Run	*2-Mile or 3000-Meter Run
	*1½-Mile Cross-Country	1½-Mile Cross-Country	2-Mile Cross-Country
		*2-Mile Cross-Country	*2½-Mile Cross-Country

RELAYS

220-Yard Pursuit (4 x 55)	220-Yard Pursuit (4 x 55)	440-Yard Pursuit (4 x 110)	440 Yard Pursuit (4 x 110)
220-Yard Shuttle	440-Yard Pursuit (4 x 110)	880-Yard Pursuit (4 x 220)	880-Yard Pursuit (4 x 220)
440-Yard Pursuit (4 x 110)	880-Yard Pursuit (4 x 220)	880-Yard Medley Pursuit (220-110-110-440)	880-Yard Medley Pursuit (220-110-110-440)
	880-Yard Medley (220-110-110-440)	1-Mile Pursuit Relay (4 x 440)	1 Mile Pursuit Relay (4 x 440)

HURDLES

50-Yard 2'6"	50-Yard 2'6"	50-Yard 2'6"	*50-Yard 2'9" (indoor)
	80-Yard 2'6"	80-Yard 2'6"	60-Yard 2'9" (Indoor)
	*100-Meter 2'6"	100-Meter 2'9"	100-Meter 2'9"
		*200-Meter 2'6"	200-Meter 2'6"
			*400-Meter 2'6"

*New Event.

SECTION 2. Field events at all official track and field meets for girls and women may include any of the following:

Ages 9-10-11	*Ages 12-13-14*	*Ages 15 & Over*	*College & Open*
Shot Put (6 lbs.)	Shot Put (8 lbs.)	Shot Put (8 lbs.)	Shot Put (4 kilo– 8 lbs. 13 oz.)
Throws:	Throws:	Throws:	Throws:
Official Junior Basketball	Official Junior Basketball	Softball	Softball
Softball	Softball	Discus	Discus
		Javelin	Javelin
Long Jumps:	Long Jumps:	Long Jumps:	Long Jumps:
Standing	Standing	Standing	
Running	Running	Running	Running
Running High Jump	Running High Jump	Running High Jump	Running High Jump

***SECTION 3.** An individual may participate in age categories which exceed his, but may not participate in those age categories which precede his.

SECTION 4. The pentathlon may be included in an official track and field meet for girls and women.

a. The pentathlon for junior high (Ages 12-13-14) shall include the following events:
   50-yard hurdles
   6-lb. shot put
   High jump
   Running long jump
   200-meter dash

b. The pentathlon for high school (Ages 15 and over) and college and open shall include the following events:
   100-meter hurdles
   4-kilo shot put
   High jump
   Running long jump
   200-meter dash

RULE 2. MEET ORGANIZATION

SECTION 1. GENERAL RULES.

a. The Meet Director shall determine the events and the number of entries that she deems appropriate for conducting an organized meet.

b. Upon arrival at the place of the meet, each competitor must register. If a number is provided, it must be worn on the back of the blouse.

c. Each contestant shall inform herself of the starting time of each event in which she is entered and shall report to the official at the starting point promptly after the event has been called.

d. Any competitor who refuses to obey the directions of the referee or any other official, or who conducts herself in a manner unbecoming a lady or offensive to the officials, spectators, or other competitors, can be disqualified from any event by the track or field referee.

e. The order of events as published in the official program shall not be changed, nor shall the announced arrangements of heats or events be added to, or altered, except by the track or field referee.

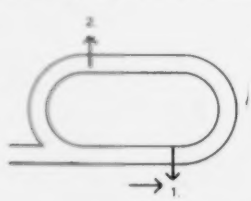
f. If the competition cannot be conducted or completed in a satisfactory manner and in fairness to the competitors, the track or field referee shall have the power to call off or postpone to a future date any event, even though the event has been started.

g. An event that has been started but not satisfactorily completed shall be conducted between the original competitors at a future date in the same manner as if it had never been started.

h. No official records for an event may be claimed unless all official standards for that event have been met. All records must be made in competition.

*i. A girl may enter a maximum of four events per competition excluding the pentathlon event. There is no restriction as to the combination of running and field events.

*j. The following races shall start in a common starting area indicated by the diagram: 440-yard dash, 440-yard relay, 880-yard run, 880-yard relay, 1-mile run and 1-mile relay. These races shall begin in a common starting area: 220-yard dash, 220-yard relay, 200-meter hurdles.



1. Start and finish area: 440-yard dash, 440-yard relay, 880-yard run, 880-yard relays, 1-mile run, 1-mile relay, 440-meter hurdles, 2-mile run. Finish: 220-yard dash, 220-yard relay, 200-meter hurdles.
2. Start area: 220-yard dash, 220-yard relay, 200-meter hurdles.

RULE 3. RUNNING EVENTS

SECTION 1. DASHES AND RUNS.

a. The direction of running shall be counterclockwise.

†b. At the start, any part of the runner's body in contact with the ground must be behind the line. The toes of both feet must be in contact with the ground.

c. A runner shall be placed at the finish in the order in which any part of the torso reaches the finish line. A runner or hurdler who falls at the finish is not considered to have finished the race unless the entire body has crossed the finish line.

d. Any competitor making two false starts shall be disqualified from that particular event. A false start shall be called if a competitor leaves the mark with hand or foot, or if she is in motion after the "set" before the shot is fired.

e. Each contestant shall stay in her respective lane from start to finish in all of the following races: 50-yard dash, 60-yard dash, 75-yard dash, 100-yard dash, 220-yard dash, 220-yard relay, 440-yard dash, 440-yard relay, plus all hurdle races.

f. In races which include at least one turn, the starting line must be staggered by measurement for each lane to compensate for varying distances of those lanes around the curve. (See Chart, p. 137.)

g. In races of 880-yards or longer, a scratch start line may be used (p. 138).

†h. In races in which a runner is permitted to cut in, she may cut, as soon as it is allowed, when she is at least two running strides ahead of another runner.

†i. Cutting in is permitted in the 880-yard run, 1500-meter run, 1-mile run, 2-mile, and 3000-meter run. When a one-turn staggered start is used, runners may not cut in until the first turn is finished. In races in which a scratch start is used, runner may cut in as soon as possible.

j. A runner may not jostle, or in any manner force a following runner to change her course. She may not obstruct another runner so as to impede her progress. She may not compete

to lose or to coach another runner. The penalty for the aforementioned shall be disqualification.

k. If a claim of foul or interference is made in any preliminary, semifinal or final race, the track referee shall have the power to disqualify the competitor who was at fault. If she considers the foul intentional or due to culpable carelessness, the track referee shall also have the power to order a new race between those competitors whom she deems entitled to such privilege.

l. Any runner who, in the progress of a race, steps out of her lane, off the track, or upon the inner border thereof is subject to disqualification if, in the judgment of the track referee, the competitor by such action has interfered with the conduct of the race or has gained an advantage thereby.

m. No competitor, after leaving the track, shall be permitted to rejoin a race.

n. Any runner who, in the opinion of the track referee, has in any material way been aided by a coach, teammate, or anyone else during competition shall be disqualified.

†o. In races of 880 yards or more, an official timer shall call out lap times.

SECTION 2. HURDLE EVENTS.

a. A hurdle shall be made of wood or metal, and shall consist of two bases and two uprights supporting a rectangular frame reinforced by one or more crossbars, the uprights being fixed at the extreme ends of the base. The hurdle may be adjustable in height, but shall be rigidly fastened at the required height for each event. The hurdle shall be designed so that (irrespective of its height) a force of at least 8 pounds and not more than 8 pounds 13 ounces applied to the center of the top edge of the (top) crossbar is required to overturn it. Adjustable counterweights shall be placed at the ends of the bases farthest from the uprights, so that at each height a force of at least 8 pounds 13 ounces is required to overturn the hurdle.

b. The measurements of a hurdle shall be the minimum width of 3 feet 6 inches, the extreme base length of 2 feet 3½ inches. The top bar shall be 2¾ inches wide and shall be striped in black and white.

c. The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach of the competitor.

*d. Recognized distances and heights for hurdles races shall be as follows:

Distance of Race, Age Division In or Outdoor	Number of Hurdles	Height of Hurdle	Distance from Start to First Hurdle	Distance between Hurdles	Distance from Last Hurdle to Finish
50 yards (9-14) In or outdoor	4	2'6"	39'4½" (12m)	26' 3" (8m)	31' 10½"
50 yards (15+, Col/open) Indoor	4	2'9"	42'7¾" (13m)	27' 10½" (8.5m)	23' 8¾"
60 yards (Col/open)—In	5	2'9"	42'7¾" (13m)	27' 10½" (8.5m)	25' 10¼"
70 yards (Col/open)—In	6	2'9"	42'7¾" (13m)	27' 10½" (8.5m)	27' 0 ¾"
80 yards (12-15+)—Out	7	2'6"	42'7¾" (13m)	27' 10½" (8.5m)	30' 1¼"
100 meters (12-14)—Out	10	2'6"	42'7¾" (13m)	27' 10½" (8.5m)	34' 5½" (10.5m)
100 meters (15+, Col/open)—Out	10	2'9"	42'7¾" (13m)	27' 10½" (8.5m)	34' 5½" (10.5m)
200 meters (15+, Col/open)—Out	10	2'6"	52'6" (16m)	62' 4" (19m)	42' 7¾" (13m)
400 meters (Col/open)—Out	10	2'6"	147'7½" (45m)	114' 10" (35m)	137'9½ (40m)

Note: The 400-meter race is at the same spacing as the men's intermediate race.

100 meters = 110 yards minus 1' 11" or 100 yards plus 28' 1"
200 meters = 220 yards minus 3' 10"
400 meters = 440 yards minus 7' 8"

e. The height of hurdles shall be either 2 ft. 6 in. or 2 ft. 9 in. as indicated by the above table. Elementary school girls in regular class activities may use 18-inch hurdles.
f. The 200-meter hurdles shall be run around one turn.
g. Runners shall stay in their respective lanes for all hurdle races.
h. A competitor who runs around or carries her leg or foot alongside any hurdle shall be disqualified.
i. A competitor is not disqualified if she knocks down any hurdle, nor does it prohibit her from claiming a record.
j. All rules listed under Section 1, "Dashes and Runs," also apply to hurdle events.

SECTION 3. PURSUIT RELAYS.

a. In pursuit relays, a line shall be drawn parallel to and 11 yards from each side of the starting line of each relay leg (at each quarter mark). This 22-yard space shall be called the passing zone. Each runner must pass the baton to the succeeding runner within this passing zone. The feet of both runners must be within the passing zone.
b. In pursuit relay races up through 880 yards or 800 meters, members of the relay team or other than the first runner may take a position on the track and commence running not more than 11 yards outside the passing zone, BUT the baton must be passed only within the passing zone. The extended area shall be referred to as the "International Zone" and shall be indicated by a broken line of a different color.
c. The baton is a tube-like object made of wood, metal, or paper, which is passed from one runner to another in a relay race. The length shall not be more than 11.8 inches (300 mm.) or less than 11 inches; the circumference shall not be more than 4.7 inches (120 mm.) or less than 4 inches; the weight shall not be more than 1.76 ounces (50 gm.). If the baton is taped it must conform to these specifications.
d. In relays without marked lines, receivers shall line up in the same relative position to each other as their incoming teammates hold relative to each other; the leaders will pass in the first lane, the second place holders in the second lane, etc. When no interference is possible, receivers may move to the pole lane.
e. The baton must be passed by a competitor and received by the runner succeeding her. The baton must be carried in the hand throughout the entire distance of the race. If it is

dropped during the exchange, the passer must pick up the baton. If it is dropped after the exchange has been completed or outside the passing zone, the runner who dropped it must pick up the baton. Violation of any of these rules shall disqualify the team.

f. The fourth runner in the 880-yard medley relay and the third runner in the 880-yard pursuit relay may cut for the inside lane as soon as the baton is received, provided the runner is two running strides ahead.

g. No competitor may run more than one leg of a relay.

h. The 880-yard medley relay shall be run in the following order: 220, 110, 110, 440.

i. After a relay team has competed in the preliminary heats, its composition may not be changed for any subsequent heat or final race except in the case of injury to, or illness of, an original member of the team. Such injury or illness must be certified by the meet physician to be such as to make it unwise for the competitor to run. In such instance, the track referee may permit a substitute for the injured or ill runner. Only one such substitution may be made for any one team.

j. The order of running may be changed between the trial heat and succeeding heats or final race except in medley relay races.

†k. Relay teams must draw for position in all races.

†l. Eight contestants may be named for each relay team. The team (four) to start must be selected from these eight. Being listed as an alternate on a relay team shall constitute one of the competitor's four events.

m. All rules listed under Section 1, "Dashes and Runs," also apply to pursuit relays.

SECTION 4. SHUTTLE RELAYS.

†a. A competitor, with hands and feet behind the restraining line, shall be touched on the right shoulder. She may be in an upright position or in a crouch position at the time of being tagged. Rules of the start shall apply for each succeeding runner.

b. All rules listed under Section 1, "Dashes and Runs," also apply to shuttle relays.

RULE 4. FIELD EVENTS

SECTION 1. RUNNING LONG JUMP.

a. The length of the runway is unlimited.
b. The landing pit for the running long jump shall have a minimum length of 15 feet and a minimum width of 9 feet. It shall be filled with sand, sawdust, or other soft material which shall have an elevation equal to that of the takeoff board.
c. The takeoff board shall be at least 4 feet long and 8 inches wide. It should be painted white and set flush with the ground.
*d. Each competitor shall be allowed two minutes from the time her name is called to commence her approach. Failure to complete turn within time period will be counted as a trial.
e. If any competitor in the process of jumping touches the ground beyond the scratch line (takeoff board), the jump shall not be measured. It shall be counted against the competitor as one jump.
f. The competitor must land within the jumping pit in order for her jump to be measured. A jump outside the pit is a foul and is not to be measured, but counts as one jump.
g. The measurement of the jump shall be made at right angles from the nearest mark in the ground (made by any part of the body of the competitor) to the scratch line (takeoff board) or scratch line extended.
h. Each competitor shall be allowed three jumps, and the seven best competitors shall be allowed three more jumps. Each competitor shall be credited with the best of all her jumps. (Common practice is to qualify one more finalist than there are places to be awarded; if three awards are given, four qualify for the finals.)

SECTION 2. STANDING LONG JUMP.

a. The standing long jump may be executed from the floor using a scratch line or from the ground using a scratch line or board which is sunk flush with the ground. Common practice indoors, for safety purposes, is to have the competitor jump onto mats.
*b. Each competitor shall be allowed two minutes from the time her name is called to commence her approach. Failure to complete turn within time period will be counted as a trial.

c. A competitor may rock forward and backward, lifting heels and toes alternately from the surface, but she may not lift either foot completely from the ground (floor) nor slide it along in any direction on the ground (floor).

d. The feet of the competitor may be placed in any position, but shall leave the floor simultaneously in making an attempt to jump. If the feet are lifted from the ground twice, or two springs are made in the attempt, the jump counts without result.

e. If any competitor, in the process of jumping, touches the floor beyond the scratch line with any part of her body, such jump shall not be measured, but shall count as a jump.

f. The measurement of the jump shall be made at right angles from the nearest mark on the floor or mats, made by any part of the body of the competitor to the scratch line extending at right angles.

g. Each competitor shall be allowed three jumps, and the seven best competitors shall be allowed three more jumps. Each competitor shall be credited with the best of all her jumps. (Common practice is to qualify one more finalist than there are places to be awarded; if three awards are given, four qualify for the finals.)

SECTION 3. RUNNING HIGH JUMP.

a. The minimum dimension of the high jump pit shall be 16 feet 4 inches in length and 13 feet 1½ inches in width. Pit should not be built up more than 28 inches nor less than 12 inches above takeoff.

b. Standards or uprights for the high jump must be rigid. They shall be placed not less than 12 feet nor more than 13 feet apart.

c. The crossbar shall be a single bar of wood, metal, fiberglass, bamboo, or other resilient material. It shall be not more than 13 feet 1½ inches long.

d. The length of the runway shall be unlimited and where conditions permit, shall be not less than 59 feet.

e. The height of the crossbar at starting and at each successive elevation shall be determined by the meet director.

f. The competitor may place marks in the runway to assist her in the runup and takeoff. She may also place a mark on the crossbar for sighting purposes.

*g. Each competitor shall be allowed two minutes from the time her name is called to commence her approach. Failure to complete turn within time period will be counted as a trial.

h. A competitor may, at her discretion, commence jumping at the starting height or at any subsequent height. She may pass a jump at any height and it will not be counted as a trial. Three consecutive failures, regardless of the height or heights at which such failures occur, disqualify her from further jumping.

i. If a competitor leaves this event to compete in another and fails to return before all other competitors have finished jumping at one height, the bar will be raised and her absence recorded as a pass.

j. After all other competitors have failed, a competitor is entitled to continue jumping until she has forfeited her right to compete further.

k. The field judge may permit a contestant who reports after the competition has begun to start at the height of the bar at the time of her arrival. The bar will not be lowered for any contestants reporting late.

l. The uprights or posts shall not be moved during the competition unless the field referee decides that the takeoff or landing pit has become unsuitable. In such case, the change shall be made only after a round has been completed.

m. The competitor must take off from one foot.

n. Knocking the bar off the supports or touching the ground beyond the plane of the uprights with any part of the body (without clearing the bar) shall count as a failure.

o. The crossbar must be replaced each time with the same surface uppermost and the same surface to the front.

p. All measurements must be made with a steel tape or bar graduated in quarter inches and shall be made perpendicularly from the ground to the lowest part of the upper side of the bar. Any measurement of a new height shall be made before competitors attempt such height. A new measurement shall also be made when a new crossbar is substituted for a broken one. In all cases of records the judges must check the measurement after the height has been cleared.

q. In the event of a tie in the high jump, apply points, beginning with (1) at each tie.
   (1) The competitor with the lowest number of trials at the height at which the tie occurs shall be awarded the higher place.
   (2) If the tie still remains, the competitor having the fewest misses or failures throughout the competition up to and including the height at which the tie occurs shall be awarded the higher place.

(3) If the tie still remains, the competitor having the fewest attempts or trials (whether successful or not) throughout the competition up to and including the height at which the tie occurs shall be awarded the higher place.

(4) If the tie still remains after applying 1, 2, and 3 above, the tying competitors shall each be awarded the same place in the competition (see diagram).

RESOLVING TIES IN THE HIGH JUMP

	4 ft. 0 in.	4 ft. 1 in.	4 ft. 2 in.	4 ft. 3 in.	4 ft. 4 in.	4 ft. 5 in.	4 ft. 6 in.	Total Failures	Total Trials	Pos.
A	...	X✓	✓	X✓	...	XX✓	XXX	4	8	2
B	✓	✓	✓	X...	X✓	XX✓	XXX	4	9	3
C	✓	✓	X...	✓	XX✓	XX✓	XXX	5	—	4
D	✓	...	...	XX✓	XX✓	X✓	XXX	—	—	1

Key: ... = passed; X = failure; ✓ = cleared.

Explanation:

A, B, C, and D all cleared 4 feet 5 inches and all failed at 4 feet 6 inches. Because D cleared 4 feet 5 inches on her second attempt, while all others cleared on their third attempt, D is the winner. Applying Rule p. 2, one sees that A and B each had four misses up to and including 4 feet 5 inches, while C had five misses; C therefore gets fourth place. Applying p. 3, to break the tie still existing between A and B, one sees that A took a total of eight trials or attempts (successful or not) up to and including 4 feet 5 inches while B took nine attempts; A therefore gets second place and B gets third place.

SECTION 4. DISCUS THROW.

a. The discus shall be thrown from a circle 8 feet 2½ inches in diameter. The circle shall be made of band iron, steel, or wood and shall be sunk on the ground.

b. The discus shall consist of a wooden body permanently framed by a metal rim rounded in a true circle. Metal plates shall be set flush in the sides of the wooden body. A means of securing the correct weight shall be the exact center of the discus.

c. The discus shall have the following specifications: minimum weight of 2 pounds 3¼ ounces; a minimum diameter of 7 3/32 inches, and a maximum diameter of 7 5/32 inches. A metal discus complying with all specifications of measurement, conditions, and weights may be used. A hard rubber discus may be used in all meets except for a national championship.

*d. Each competitor shall be allowed two minutes from the time her name is called to commence her approach. Failure to complete turn within this time period will be counted as a trial.

e. To be valid, all throws must fall within a 60-degree sector marked on the ground. The radial lines, 2 inches wide, which form an angle of 60 degrees, shall be extended from the center of the circle. The inner edges of these lines shall mark the sector (Figure 1, page 123).

f. A foul throw is not measured but counts as a trial.

g. If a competitor touches the ground on or outside the circle with any part of her body before the throw is marked, the throw shall be declared a foul and shall not be measured. It shall count as a trial.

h. If the competitor leaves the circle before the implement has touched the ground, it shall be called a foul and count as a trial.

i. The competitor must remain standing in an upright position, and upon leaving the circle, she must leave from the rear half.

j. Letting the discus go in making an attempt shall be counted as a trial.

k. The measurement of each throw shall be from the nearest mark made by the fall of the discus to the inside circumference of the circle, on a line from such a mark made by the discus to the center of the circle.

l. Each competitor shall have three throws, and the seven best competitors shall have three more throws. Each competitor shall be credited with the best of all her throws. (Common practice is to qualify one more finalist than there are places to be awarded; if only three awards are given, four will qualify for the finals.)

SECTION 5. JAVELIN THROW.

†a. The javelin shall be made of metal or solid wood with a metal point. The length shall not be less than 7 feet 2½ inches complete as thrown. It shall weigh not less than one pound 5.2 ounces complete as thrown. It shall have a grip, binding, or cord about the center of gravity. The grip may range from 5½ to 5 7/8 inches long.

b. The runway for the javelin throw shall be unlimited in length but may not be less than 98 feet 6 inches. It shall be marked by two parallel lines 13 feet 1½ inches apart and terminated by a scratch line arc. The throw shall be made from behind the scratch line arc of a circle drawn with a

radius of 26 feet 3 inches. The scratch line arc shall be a board of wood or metal 2¾ inches in width, and sunk flush with the ground.

c. For informal meets the javelin may be thrown from behind a straight line 10 feet long and 2 inches wide. It should be painted white.

*d. Each competitor shall be allowed two minutes from the time her name is called to commence her approach. Failure to complete turn within time period will be counted as a trial.

e. To be valid, a throw must fall within the inner edges of the lines marking the sector. The sector is formed by extending the radii through the extremities of the arc for a distance of 295 feet. The ends of the sector lines shall be marked with flags (Figure 2, page 123).

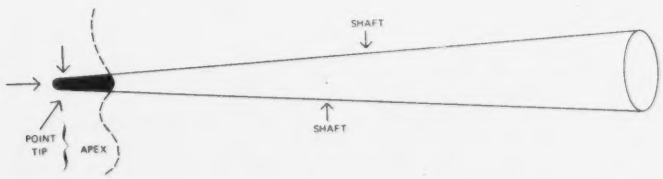
f. Measurements for informal meets where a straight line is used shall be made from the nearest mark of the implement to the inside of the center of the scratch line.

g. Measurements where the scratch line arc is used shall be taken at the inner edge of the circumference of the arc. Such measurement shall be made on a line from the nearest mark made by the point of the javelin to the center of the circle of which the arc is a part.

h. The javelin must be held by the grip, with one hand only, so that the little finger is nearest to the point.

i. The javelin shall be thrown over the shoulder or upper part of the throwing arm, and may not be slung or hurled with an underhand motion.

†j. No throw shall be counted in which the point (apex) of the javelin does not strike the ground before any part of the shaft.



k. A foul throw is not measured but shall count as a trial.
l. It is a foul throw if a competitor touches or steps over the runway lines.
m. It is a foul if a competitor touches the scratch line arc with any part of the body or apparel before her throw has been marked.
n. At no time after preparing to throw, until the javelin has been discharged into the air, may the competitor turn completely around so that her back is toward the throwing area.
o. If the javelin breaks while in the air, the throw shall not count as a throw (provided it was in accordance with the rules).
p. Each competitor shall have three throws, and the best seven competitors shall have three more throws. Each competitor shall be credited with the best of all her throws. (Common practice is to qualify one or more finalist than there are places to be awarded; if only three awards are given, four will qualify for the finals.)

SECTION 6. SHOT PUT.

a. The shot shall be a solid sphere of iron, brass, or any metal not softer than brass, or a shell of such metal filled with lead or other material. The minimum weight for the college or open division shall be 8 pounds 13 ounces (4 kilograms); the minimum weight for junior and senior high school girls shall be 8 pounds; the minimum weight for elementary school girls shall be 6 pounds. The minimum diameter shall be 3¾ inches and the maximum shall be 4 11/32 inches. A leather-bound or plastic covered indoor shot of the above weights shall be used only for indoor meets.
b. The shot shall be put from a circle 7 feet in diameter. A chalk or painted circle shall be used for indoor meets and a toeboard shall be used with a circle for outdoor meets.
c. In all official meets the toeboard shall be made of wood in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, and so that it can be firmly fixed to the ground. The toeboard is 4 feet long on the inside, 4½ inches wide, and 4 inches high. The board shall be painted white (Figure 3, page 123).
d. To be valid, all puts must fall within the sector lines. These lines shall be formed by extending the radii through the extremities of the toeboard. Ends of sector lines shall be marked with flags.
*e. Each competitor shall be allowed two minutes from the

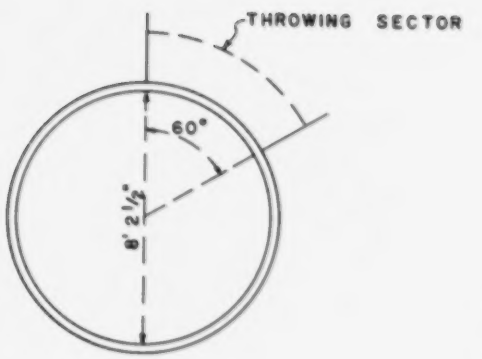


Figure 1
Discus

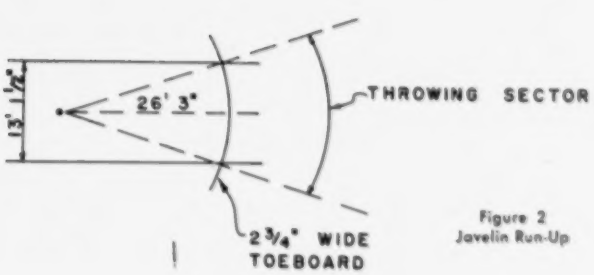


Figure 2
Javelin Run-Up

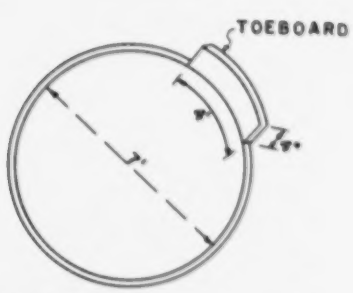


Figure 3
Shot Put

time her name is called to commence her approach. Failure to complete turn within time period will be counted as a trial.

f. The shot shall be put from the shoulder with one hand only. During the attempt, the shot shall not pass behind or below the shoulder.

g. A fair put shall be one in which no part of the competitor's body touches the top of the toeboard, the circle, or the ground outside the circle.

h. Foul puts and releasing the shot in making an attempt shall be counted as puts without result and need not be measured. If the competitor steps on or over the toeboard it shall be considered a foul. Leaving the circle before the distance has been marked also constitutes a foul. The competitor must remain standing in an upright position, and when leaving the circle she must leave from the rear half.

i. No device of any kind which can be used as an aiding support in putting the shot shall be allowed. A cotton or elastic bandage and one layer of adhesive tape around the wrist is permissible.

j. The measurement shall be taken from the nearest mark made by the fall of the shot to the inside of the circumference of the circle, on a line from such mark by the shot to the center of the circle.

k. Each competitor shall have three puts, and the seven best competitors shall have three more puts. Each competitor shall be credited with the best of all her puts. (Common practice is to qualify one more finalist than there are places to be awarded; if only three awards are given, four will qualify for the finals.)

SECTION 7. BASKETBALL AND SOFTBALL THROWS.

†a. An official junior basketball, and official 12-inch softball shall be used.

b. The throw may be made with either hand, but not with both hands simultaneously.

c. The throws may be made from either a stand or a run.

d. The throws shall be made from the javelin throwing area (see pg. 123), or from behind a scratch line ten feet long and two inches wide. Properly marked, this line shall be a board sunk flush with the ground or a similar line.

e. Stepping on or over the line before the throw has been marked constitutes a foul.

f. A foul throw is not measured but counts as a trial.

g. Measurement shall be taken from the nearest mark made by the fall of the ball to the inside edge of the center of the scratch line.

h. Each competitor shall have three throws and the seven best competitors shall have three additional throws. Each competitor shall be credited with the best of all her throws. (Common practice is to qualify one more finalist than there are places to be awarded; if only three awards are given, four will qualify for the finals.)

SECTION 1. The pentathlon is governed by the rules listed below and is scored in accordance with the International Pentathlon Table.[1]

SECTION 2. The pentathlon for girls and women consists of five events which must be held in two sessions on one day or two consecutive days. The order of events shall be:

50-yard/100-meter hurdles
6 pound/4-kilo shot put
High jump
Running long jump
200-meter dash

†SECTION 3. When the pentathlon is held in conjunction with a track meet, competitors may compete in either the pentathlon events or the track meet events, but not both.

SECTION 4. Unless otherwise indicated below, all of the rules which govern the events of the pentathlon apply when these events are included in the pentathlon.

a. Any girl failing to start or to make a trial in any one of the five events of the pentathlon shall not be allowed to take part in the following events. She shall be considered to have abandoned competition and shall not figure in the final scoring.

b. In running events, no penalty will be imposed for the first or second false start, but the third false start will disqualify the offender from that event.

c. In the running events each heat shall have three or more, but never less than two competitors, drawn from lot, except that one heat of the 200-meter dash shall consist of the leading competitors at that point. The referee shall have the power to rearrange any heat if in her opinion it is desirable.

d. In a Pentathlon Meet, if the number of competitors warrant it, the Director of the Meet may divide the competitors into

[1] AAU, 3400 W. 86th St., Indianapolis, Ind. 46268.

groups of not less than six nor more than ten girls each. These groupings shall continue throughout the entire competition. The order of the competition within each group shall be determined by lot.

e. The winner shall be the girl or woman who has scored the highest total number of points in the five events. If two or more competitors are tied, the winner shall be the competitor who has received the highest number of points in a majority of events. If this does not resolve the tie, the winner shall be the competitor who has the highest number of points in any one of the events. This procedure shall apply to ties for any place in the competition.

RULE 5. SCORING

SECTION 1. INDIVIDUAL EVENTS AND RELAYS.

a. The total points accumulated by any team shall be reflected by the following.

No. of Places To Be Counted	*1st Place*	*2nd Place*	*3rd Place*	*4th Place*	*5th Place*	*6th Place*
2	5	3				
3	5	3	1			
4	5	3	2	1		
5	5	4	3	2	1	
6	10	8	6	4	2	1

b. If there is a tie between two or more competitors for any place which receives a score in either a track or field event, the sum of the points of the places involved shall be divided equally between the tying competitors.

c. Points given for the various places are awarded to the competitors' team and totaled at the conclusion of the meet.

SECTION 2. TOTAL TEAM SCORE.

a. The final score for a team at the conclusion of a meet will be the sum of all points awarded in accordance with Section 1. The team receiving the highest number of points shall be declared the winner of the meet.

b. When two more teams have the same number of points, the team scoring the most first places shall be declared the

winner. If the tie still exists, the team scoring the most second places shall be the winner.

RULE 6. OFFICIATING

Note: The rules included here are particular to the rights of the individual performer. In addition, the techniques of officiating the rules included in the Techniques of Officiating Section must be followed.

SECTION 1. TRACK EVENTS.

a. The referee shall be responsible for having the meet conducted in accord with the rules. She shall have the final judgment in deciding any protest, any technical point, and/or any dispute which involves a situation not covered in the rules.

b. The referee shall have the power to exclude any competitor or official for improper conduct or apparel.

c. When runners are placed in lanes according to their best times, the two fastest lanes shall be the middle lanes on a straightaway. Lanes are drawn by chance on races on the curve.

d. When a competitor who has qualified in a preliminary trial withdraws from the competition in the semifinals or the finals, she may not be replaced by a substitute.

e. The starter shall have complete control of the competitors on their marks.

f. The commands for starting a race shall be: "Take your mark," "Set," and the firing of the gun or another like signal.

g. The starter shall warn all competitors prior to the start of each race that any competitor making two false starts shall be eliminated from the race. The starter should warn the competitor by saying, "You have one false start; one more and you will be disqualified."

h. The starter shall be the sole judge of a false start, and if the gun has already been fired, recall the runners by again firing the gun. If a competitor makes a false start before the gun has been fired, the starter shall call everyone off her mark.

i. The chief finish judge shall make a final judgment in any disagreement between finish judges. She must base all decisions on the judges' decision and on what she has seen. If the chief finish judge cannot make a decision, she may confer only with the referee.

j. If there is a tie in any heat which affects qualifications for the next semifinals or finals, the tying competitors shall both qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

†k. A competitor shall be picked for place at the moment any part of her torso reaches the nearest edge of the finish line. line.

l. All watches must be synchronized before the start of a meet. If there is any discrepancy between watches, the best watch shall time first place.

m. The chief timekeeper shall be in position to time first place and more places if possible. In a case where the watches fail to catch a time for a place, no time shall be recorded for that place.

n. The chief timekeeper shall rule on the official time as follows:

1. If there are three watches on one place and all three watches show different times, the chief timekeeper will consider the middle time as official (not the average of the three).
2. If two of the three watches are the same and one is different, the time in which two are identical will be official.
3. If there are only two watches on a place with each showing a different time, the slower of the two shall be considered official time.
4. In the case of a second place time being faster than the first place time, consider the second place time to be wrong and adjust the time accordingly. If a decision cannot be made, the chief timekeeper shall confer with the track referee.

*5. For all races the timing shall be to 1/10.

†o. The timekeepers shall start their watches exactly with the flash of the gun and stop their watches at the moment when any part of the competitor's torso reaches the nearest edge of the finish line.

SECTION 2. FIELD EVENTS.

a. All implements used in competition must conform to official standard size, weight, and composition. If so desired, any implement declared official by the referee may be used by any of the contestants.

b. Running events take precedence over field events, i.e., if a contestant is participating in a field event and her running

event is called, she must leave the field event. The contestant is responsible for reporting back to the field event judge when she returns.

c. A competitor shall be credited with the best of all her preliminary and final trials.

d. In all measurements, distances under 100 feet are to be recorded to the nearest ¼ inch below the distance covered. Distances over 100 feet are to be recorded to the nearest ½ inch below the distance covered.

e. In all measurements, the zero end of the tape must be held at the point of the mark made by the implement or body part.

RULE 7. RECORDS

SECTION 1. National records shall be recognized in the events and divisions as listed in Rule 1.

SECTION 2. No record shall be accepted unless it has been approved by the Track and Field Committee.

SECTION 3. The following provisions shall apply to all track and field records:

a. No records shall be acceptable unless made in a bona fide competition open to two or more schools or colleges and conducted in accordance with DGWS rules.

b. Records made in heats or qualifying trials will be accepted. In case of a record made in a dead heat or tie, each contestant so tying shall be entitled to the record.

c. No record claimed for any event in which time is taken shall be allowed unless it has been timed by official timers in accordance with the Techniques of Officiating Section and Rule 7, Sec. 1, n.

d. For all records up to and including 220 yards, and for the running long jump, information on wind conditions should be provided.

(1) An anemometer shall be placed four feet above the ground at the edge of the track, midway between the start and finish lines and facing the starting line.

(2) If the average velocity of the wind, measured in the direction of the running behind the competitor, either directly or in a slanting direction, exceeds 4.47 miles per hour (393.7 feet per minute) the record will not be accepted.

(3) The periods for which the wind will be measured (after the gun has been fired) are as follows:

a) 100 yards and hurdles – 10 seconds
b) 200 yards (straight) and 200-meter hurdles – 20 seconds
c) 220 yards (curve) and 200-meter hurdles (curve) – the average wind shall be measured for a period of 10 seconds, commencing when the runners enter the straightaway.

Bureau of Weights and Measures. Records in field events must be measured by two field judges and the referee.

f. No record claimed for the discus, javelin, shot, basketball, or softball shall be allowed unless it has been made with an implement which complies with the specifications for official implements, and it must also be certified as to weight measurement and material on the date of competition.

SECTION 4. A national record application shall be accepted for consideration by the Track and Field Committee if the record application form (page 157) submitted is properly certified by referee, judges, timers, and all other necessary officials concerning all pertinent information, as follows:

a. Place
b. Time of day
c. State of weather
d. Condition of track or field
e. Force and direction of wind
f. Level or gradient of ground
g. Correctness of distance run, announced time, distance or height
h. Specifications of weight, measurement, and material of implement.

CROSS-COUNTRY RUNNING

RULE 1. The cross-country run shall be over a course 1½ miles in length. Measurements shall be along the middle of the course. The course shall be clearly marked. A wide line marked with a substance not injurious to the eyes or skin may be used; or a signpost with large directional arrows wherever the course turns; or flags about one foot square, mounted on stakes which hold them two or more feet above the ground.

The start and finish of the race may be within an athletic stadium and it may cross paving. The course shall be laid out so there are no sharp turns at the beginning of the course. The course shall not be less than 10 yards wide at any point. Runners should encounter an incline just prior to the finish of the race.

Flag Designations: A *red* flag indicates a turn to the left. A *white* flag indicates a turn to the right. A *blue* flag indicates a course straight ahead.

RULE 2. Flags should be placed about every 125 yards.

RULE 3. Running regulations and penalty for failure to follow the course are the same as for other track events. See Rule 3, Section 1, Official Track and Field Rules.

RULE 4. In dual meets, a maximum of 12 members may be entered, but only the first seven on each team shall enter into the scoring. In all other competitions the cross-country team shall consist of seven members.

RULE 5. SCORING.

a. Points shall be scored as shown in the following table:

Total number to finish	*1st Place*	*2nd Place*	*3rd Place*	*4th Place*	*5th Place*	*6th Place, etc.*
7	1	2	3	4	5	6, etc.

b. All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall be determined by totaling the points scored by the first five finishers of each team. The team which scores the smallest number of points is the winner.

c. If fewer than five (or any number specified by the meet committee) competitors of a team finish, the places of all members of that team shall be disregarded. It is considered a tie event if two or more teams score the same number of points.

Note: Team ties are generally broken in cross-country meets by one of two ways: (a) the position (highest) of the fifth girl on the teams in question, or (b) the highest positions of fourth persons if a tie still exists. Individuals who tie in the race have their place points divided between them.

d. While the sixth and seventh finishers of a team do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, result in an increased (poorer) score for the opposing team.

OFFICIAL TRACK AND FIELD RULES FOR INTERCOLLEGIATE MEETS AND CHAMPIONSHIPS

Unless otherwise stated here, DGWS rules will govern the Championships.

SECTION 1. EVENTS ONE MAY ENTER.

a. A girl may enter a maximum of four events per meet, excluding the pentathlon event. There is no restriction as to the combination of running and field events one may enter.
b. Relays shall count as one of the four events.
c. The pentathlon consists of five events. If a girl participates in the pentathlon, she may not compete in any other events.
d. A maximum of four alternates may be listed for each relay team.

SECTION 2. CHAMPIONSHIP EVENTS.

a. Dashes and runs.
   1. 100-yard dash
   2. 220-yard dash
   3. 440-yard dash
   4. 880-yard run
   5. 1-mile run
   6. 2-mile run
b. Hurdles
   1. 100 meter
   2. 400 meters
c. Jump
   1. high jump
   2. long jump
d. Throws
   1. javelin
   2. discus
   3. shot
e. Relays
   1. 440-yard (4 x 110)
   2. 880-yard medley (220 x 110 x 110 x 440)
   3. 1-mile (4 x 440)
f. Pentathlon
   1. 100-meter hurdles
   2. 4-kilo shot
   3. high jump
   4. running long jump
   5. 200-meter dash

Note: Events may be run in meters on Olympic years.

NON-CHAMPIONSHIP EVENTS.

a. Dashes and runs
   1. 100-yard dash
   2. 220-yard dash
   3. 440-yard dash
   4. 880-yard run
   5. 1-mile run
   6. 2-mile run
b. Hurdles
   1. 100 meters
   2. 200 meters
   3. 400 meters
c. Jumps
   1. High jump
   2. Long jump
d. Throws
   1. javelin
   2. discus
   3. shot
e. Relays
   1. 440 yards (4 x 110)
   2. 880 yards (4 x 220)
   3. 880-yard medley (220 x 110 x 110 x 440)
   4. 1 mile (4 x 440)
f. Pentathlon
   1. 100-meter hurdles
   2. 4-kilo shot
   3. high jump
   4. running long jump
   5. 200-meter dash

SECTION 3. STANDARDS TO ENTER CHAMPIONSHIP MEETS.

a. Standards for entry to the intercollegiate championships shall be set by January 1 of each year. The standards shall be established in the following manner, based on the three most recent championships.
b. Running events
   1. average of the fifth (5th) place times in the semi-finals in each running event
      (a) if trials were not held in an event the standard is established by the track and field committee
      (b) if a new event is being run the track and field committee shall establish the standard

c. Field events (jumping and throwing)
   1. The distance and height that was achieved by averaging the 10th place finisher in the last three championships.
d. Standards must be met in a collegiate meet between February 1 and one week prior to the championship.

SECTION 4. THE COMPETITION.

a. A competitor, after voluntarily leaving the track, shall not be allowed to continue in the race.
b. With the prior approval of the referee, one official within the arena shall indicate the official lap times to competitors in races 880 yards or longer.
c. If a competitor is entered in both a track and field event, or in more than one field event taking place simultaneously, the official may allow the competitor to take her trials in an order different from that decided upon prior to the start of the competition, but the competitor cannot demand to take all of her trials in succession.
d. The referee shall have the power to change the place of the competition in any field event, if, in her opinion, the conditions justify it. Such a change should be made only after a round has been completed.

SECTION 5. ROUNDS, HEATS AND QUALIFYING COMPETITIONS.

a. Track events
   1. Preliminary rounds (heats) should be held in track events in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round.
   2. The heats and qualifying conditions should be arranged by the committee conducting the meet. It is recommended, when heats are being arranged, that the latest standard performances by the competitors be taken into consideration, and the heats so arranged that normally best performers should reach the finals.
   3. In all preliminary rounds, at least the first and second in each heat should qualify for the next round.
b. Field events

1. In any field event, a qualifying competition may be held, if necessary, to decide who shall compete in the competition proper. The qualifying conditions should be arranged by the Committee conducting the meet.
2. The competitors shall compete in the order drawn by lot. At the end of the qualifying competition, the order for competing in the competition proper should be determined by a fresh drawing by lot.
3. In a qualifying competition, in the shot, discus, and javelin, each competitor shall have three trials. Once a competitor achieves the qualifying standard, she does not have to continue in the qualifying round. A qualifying height may be set for the high jump in the qualifying round. Performances in the qualifying round may not count in the official competition.
4. Where there are enough competitors to warrant it, competition may be divided into two or more groups arranged by lot. The second group starts competition as soon as the first group is finished.
5. In the high jump, when there is a large field, continuing flights of four to six jumpers may be established. At each height, each member of the flight will take her turn in order until eliminated or pass. Each flight should complete a height before the bar is raised. The bar may not be raised and lowered between flights.
6. A minimum of 12 competitors should be advanced to the preliminary rounds when qualifying rounds are conducted (excluding ties).

SECTION 6. THE HURDLES.

a. Recognized distances and heights for hurdle races shall be as follows:

	No. of Hurdles	*Height of Hurdles*	*Dist. from Start to First Hurdle*	*Dist. bet. Hurdles*	*Dist. from Last Hurdle to Finish*
100 meters	10	2' 9"	42' 7¾" (13 meters)	27' 10½" (8.5 meters)	34' 5½" (10.5 meters)
200 meters	10	2' 6"	52' 6" (16 meters)	62' 4" (19 meters)	42' 7¾" (13 meters)
440 yards	10	2' 6"	49.213 yards	38.272 yards	46½ yards
400 meters	10	2' 6"	45 meters	35 meters	40 meters

SUGGESTED TIME SCHEDULE FOR CHAMPIONSHIP MEETS AND ORDER OF EVENTS

EVENTS	FRIDAY A.M.	FRIDAY P.M.	SATURDAY P.M.
Long jump	9:00 (t)		1:00 (Finals)
Shot put	9:00 (t)		1:00
Discus		1:00 (t)	2:00
High jump		1:00 (t)	2:00
Javelin		1:00 (t)	2:00
400-meter hurdles	9:30 (t)	1:30 (sf)	1:30
440-yard dash	10:00 (t)	2:00 (sf)	1:45
100-yard dash	10:30 (t)	2:15 (sf)	2:00
1-mile run	10:45 (t)		
100-meter hurdles	11:00 (t)	2:30 (sf)	2:30
220-yard dash	11:30 (t)	3:00 (sf)	2:45
880-yard run		3:15 (t)	3:00
2-mile run		3:45 (Finals)	
4 x 110-yard relay		4:00 (t)	3:30
880-yard medley relay (220, 110, 110, 440)	11:45 (t)	4:15 (Finals)	
1-mile relay (4 x 440)		4:30 (t)	3:45
Pentathlon: (If held on Friday & Sat.)			
100-mile hurdles	9:00		
4-kilo shot	10:30		
High jump		2:30	
Long jump			2:00
200 meters			3:15

LANE STAGGERS FOR RACES AROUND TURNS*

For 30-Inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	13' 7¼"	6'9 5/8"
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	15' 8½"	7' 10¼"

For 36-Inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	16' 9"	8' 4½"
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	18' 10¼55	9' 5 1/8"

For 42-inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	19' 10¾"	9' 11 3/8"
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	21' 11 7/8"	11"

For 48-Inch Lanes

Number of turns to be run	2	1
Handicaps for Lane 2 over 1	23'	11'
Handicaps for Lanes 3, 4, 5, 6, 7, 8 over next lanes to the inside	25'	12' 6"

If lane No. 1 is laid out 4 inches wider than the other lanes, the staggered schedule for lanes 3, 4, 5, 6, 7 and 8 can be applied to lane 2.

* Adapted from the *Official NCAA Track & Field Guide* (New York: National Collegiate Athletic Bureau, 1965), p. 13.

CURVED STARTING LINE FOR SCRATCH STARTS

The starting line for all races not run in lanes shall be curved so that all competitors run the same distance going into the first curve.

The curved starting line may be established by placing a row of stakes 10 feet apart, 12 inches from the curb. The first stake is to be 12 inches from the curb at the start. For a 32 foot track, 10 stakes are sufficient.

Using a steel tape 100 feet or longer, use the pin farthest (C) from the start (A) as a center; scribe an arc from the pole to the outer curb of the track.

This will not be an arc of a circle, as the radius will change since the tape loses contact with each successive stake.

Note: The distance for spacing the stakes (10 feet or 3 meters) is arbitrary and is a sufficiently accurate interval.

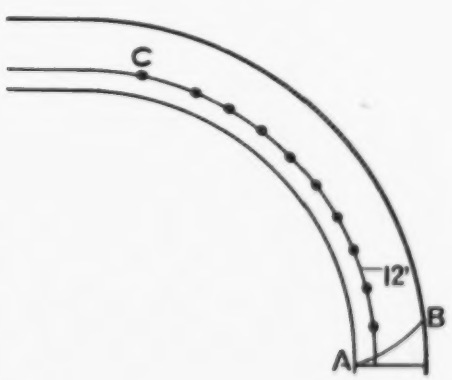


Figure 1. Curved Line for Scratch Starts.

A – Juncture of Straightaway and Curve
AB – Curved starting line
C – Last stake

SUGGESTED TIME SCHEDULES

PLAN 1

AFTERNOON MEET – HIGH SCHOOL

4:00	Hurdles (50-Yard, 80-Yard)	Shot Put High Jump
4:15	880-Yard Run	
4:30	100-Yard Dash	
4:45	440-Yard-Dash	Discus Throw
5:00	220-Yard Dash	Running Long Jump
5:15	1500-Meter Run or 1-Mile Run	
5:30	440-Yard Relay	Softball Throw
5:45	880-Yard Medley Relay or	
5:45	880-Yard Pursuit Relay	

ALL DAY MEET – COMBINED GIRLS AND OPEN

Trials:

9:00	Hurdles–Girls	
9:20	Hurdles–Open	
9:40	100-Yard Dash–Girls	
10:00	100-Yard Dash–Open	9:00 Shot Put–Girls High Jump–Girls
10:20	220-Yard Dash–Girls	
10:40	220-Yard Dash–Open	

Semifinals:

11:00	440-Yard Dash–Girls	10:00 Discus Throw–Open
11:15	440-Yard Dash–Open	Long Jump–Girls
11:30	Hurdles–Girls	
11:45	Hurdles–Open	
12:00	100-Yard Dash–Girls	11:00 Softball Throw–Girls
12:15	100-Yard Dash–Open	Javelin Throw–Open
12:30	220-Yard Dash–Girls	
12:45	220-Yard Dash–Open	

Finals:

1:30	Hurdles–Girls	12:30 Shot Put–Open
1:40	Hurdles–Open	Long Jump–Open
1:50	880-Yard Run–Girls	
2:00	880-Yard Run–Open	
2:10	100-Yard Dash–Girls	

2:20	100-Yard Dash—Open		
2:30	440-Yard Dash—Girls	2:30	Softball Throw—Open
2:40	440-Yard Dash—Open		Javelin Throw—Girls
2:50	220-Yard Dash—Girls		
3:00	220-Yard Dash—Open	1:30	Discus Throw—Girls
3:10	1500-Meter or 1-Mile Run—Girls		High Jump—Open
3:20	1500-Meter or 1-Mile Run—Open		
3:30	440-Yard Relay—Girls		
3:40	440-Yard Relay—Open		
3:50	880-Yard Medley Relay—Girls		
4:00	880-Yard Medley Relay—Open		

PLAN II

ALL DAY MEET—COMBINED GIRLS AND OPEN

9:00	Hurdles Trials—Girls		
9:20	Hurdles Trials—Open		
9:40	Hurdles Semifinals—Girls		
9:55	Hurdles Semifinals—Open		
10:10	100-Yard Dash Trials—Girls	9:00	Shot Put—Girls
10:30	100-Yard Dash Trials—Open		High Jump—Girls
10:50	100-Yard Dash Semifinals—Girls		
11:05	100-Yard Dash Semifinals—Open	10:00	Discus Throw—Open
11:20	440-Yard Dash Semifinals—Girls		Long Jump—Girls
11:35	440-Yard Dash Semifinals—Open		
11:50	220-Yard Dash Trials—Girls	11:00	Softball Throw—Girls
12:10	220-Yard Dash Trials—Open		Javelin Throw—Open
12:30	220-Yard Dash Semifinals—Girls		
12:45	220-Yard Dash Semifinals—Open		

Finals:

1:30	Hurdles—Girls	12:30	Shot Put—Open
1:40	Hurdles—Open		Long Jump—Open
1:50	880-Yard Run—Girls		
2:00	880-Yard Run—Open		
2:10	100-Yard Dash—Girls		
2:00	100-Yard Dash—Open		
2:30	440-Yard Dash—Girls	1:30	Discus Throw—Girls
2:40	440-Yard Dash—Open		High Jump—Open
2:50	220-Yard Dash—Girls		
3:00	220-Yard Dash—Open		
3:10	1500-Meter or 1-Mile Run—Girls		

3:20	1500-Meter or 1-Mile Run—Open		
3:30	440-Yard Relay—Girls	2:30	Softball Throw—Open
3:40	440-Yard Relay—Open		Javelin Throw—Girls
4:00	880-Yard Medley Relay—Open		

PLAN III

AFTERNOON MEET – COLLEGE

3:00	80-Yard Hurdles or	2:30	High Jump
	100-Meter Hurdles	2:30	Long Jump
3:10	440-Yard Dash	2:30	Discus
3:15	50-Yard Dash		
3:20	880-Yard Run		
3:25	100-Yard Dash	3:00	Javelin
3:35	220-Yard Dash		
3:45	440-Yard Relay	3:30	Shot Put
4:00	880-Yard Medley Relay		

PLAN IV

AFTERNOON MEET – COLLEGE

3:00	200-Meter Hurdles	2:30	High Jump
3:15	100-Meter or 80-Yard Hurdles	2:30	Long Jump
3:20	440-Yard Dash	2:30	Discus
3:30	880-Yard Run	3:00	Javelin
3:35	100-Yard Dash		
3:45	220-Yard Dash	3:30	Shot Put
3:55	440-Yard Relay		
4:05	880-Yard Medley Relay		

PENTATHLON – TRIATHLON SCORING TABLES

100 METER HURDLES

Seconds	*Points*	*Seconds*	*Points*	*Seconds*	*Points*	*Seconds*	*Points*
11.8	1195						
11.9	1177						
12.0	1160	16.0	645	20.0	339	24.0	132
12.1	1143	16.1	636	20.1	333	24.1	128
12.2	1126	16.2	626	20.2	327	24.2	124
12.3	1110	16.3	617	20.3	321	24.3	120
12.4	1094	16.4	608	20.4	315	24.4	115
12.5	1078	16.5	598	20.5	309	24.5	111
12.6	1062	16.6	589	20.6	303	24.6	107
12.7	1047	16.7	580	20.7	297	24.7	103
12.8	1031	16.8	572	20.8	291	24.8	99
12.9	1016	16.9	563	20.9	286	24.9	95
13.0	1002	17.0	554	21.0	280	25.0	91
13.1	987	17.1	546	21.1	274	25.1	87
13.2	973	17.2	537	21.2	269	25.2	83
13.3	959	17.3	529	21.3	263	25.3	79
13.4	945	17.4	521	21.4	258	25.4	75
13.5	931	17.5	513	21.5	252	25.5	72
13.6	918	17.6	505	21.6	247	25.6	68
13.7	905	17.7	499	21.7	242	25.7	64
13.8	891	17.8	493	21.8	237	25.8	60
13.9	879	17.9	485	21.9	231	25.9	57
14.0	866	18.0	477	22.0	226	26.0	53
14.1	853	18.1	479	22.1	221	26.1	49
14.2	841	18.2	462	22.2	216	26.2	46
14.3	829	18.3	454	22.3	211	26.3	42
14.4	817	18.4	447	22.4	206	26.4	38
14.5	805	18.5	440	22.5	201	26.5	35
14.6	793	18.6	433	22.6	196	26.6	31
14.7	782	18.7	425	22.7	191	26.7	28
14.8	770	18.8	418	22.8	187	26.8	24
14.9	759	18.9	411	22.9	182	26.9	21
15.0	748	19.0	404	23.0	177	27.0	18
15.1	737	19.1	398	23.1	173	27.1	14
15.2	727	19.2	391	23.2	168	27.2	11
15.3	716	19.3	384	23.3	163	27.3	7
15.4	705	19.4	377	23.4	159	27.4	4
15.5	695	19.5	371	23.5	154	27.5	1
15.6	685	19.6	364	23.6	150		
15.7	675	19.7	358	23.7	145		
15.8	665	19.8	352	23.8	141		
15.9	655	19.9	345	23.9	137		

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
21.00	1200	20.15	1160	19.33	1120	18.52	1080
20.97	1199	20.13	1159	19.31	1119	18.50	1079
20.95	1198	20.11	1158	19.28	1118	18.48	1078
20.93	1197	20.09	1157	19.26	1117	18.46	1077
20.91	1196	20.07	1156	19.24	1116	18.44	1076
20.89	1195	20.05	1155	19.22	1115	18.42	1075
20.87	1194	20.03	1154	19.20	1114	18.40	1074
20.85	1193	20.01	1153	19.18	1113	18.38	1073
20.83	1192	19.99	1152	19.16	1112	18.36	1072
20.80	1191	19.96	1151	19.14	1111	18.34	1071
20.78	1190	19.94	1150	19.12	1110	18.32	1070
20.76	1189	19.92	1149	19.10	1109	18.30	1069
20.74	1188	19.90	1148	19.08	1108	18.28	1068
20.72	1187	19.88	1147	19.06	1107	18.26	1067
20.70	1186	19.86	1146	19.04	1106	18.24	1066
20.68	1185	19.84	1145	19.02	1105	18.22	1065
20.66	1184	19.82	1144	19.00	1104	18.20	1064
20.64	1183	19.80	1143	18.98	1103	18.18	1063
20.61	1182	19.78	1142	18.96	1102	18.16	1062
20.59	1181	19.76	1141	18.94	1101	18.14	1061
20.57	1180	19.74	1140	18.92	1100	18.12	1060
20.55	1179	19.72	1139	18.90	1099	18.10	1059
20.53	1178	19.70	1138	18.88	1098	18.08	1058
20.51	1177	19.67	1137	18.86	1097	18.06	1057
20.49	1176	19.65	1136	18.84	1096	18.04	1056
20.47	1175	19.63	1135	18.82	1095	18.02	1055
20.45	1174	19.61	1134	18.80	1094	18.00	1054
20.42	1173	19.59	1133	18.78	1093	17.98	1053
20.40	1172	19.57	1132	18.76	1092	17.96	1052
20.38	1171	19.55	1131	18.74	1091	17.94	1051
20.36	1170	19.53	1130	18.72	1090	17.92	1050
20.34	1169	19.51	1129	18.70	1089	17.90	1049
20.32	1168	19.49	1128	18.68	1088	17.88	1048
20.30	1167	19.47	1127	18.66	1087	17.86	1047
20.28	1166	19.45	1126	18.64	1086	17.84	1046
20.26	1165	19.43	1125	18.62	1085	17.82	1045
20.24	1164	19.41	1124	18.60	1084	17.80	1044
20.21	1163	19.39	1123	18.58	1083	17.78	1043
20.19	1162	19.37	1122	18.56	1082	17.76	1042
20.17	1161	19.35	1121	18.54	1081	17.74	1041

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
17.72	1040	16.95	1000	16.19	960	15.45	920
17.70	1039	16.93	999	16.17	959	15.43	919
17.69	1038	16.91	998	16.16	958	15.42	918
17.67	1037	16.89	997	16.14	957	14.40	917
17.65	1036	16.87	995	16.12	956	15.38	916
17.63	1035	16.85	995	16.10	955	15.36	915
17.61	1034	16.84	994	16.08	954	15.34	914
17.59	1033	16.82	993	16.06	953	15.33	913
17.57	1032	16.80	992	16.04	952	15.31	912
17.55	1031	16.78	991	16.02	951	15.29	911
17.53	1030	16.76	990	16.01	950	15.27	910
17.51	1029	16.74	989	15.99	949	15.25	909
17.49	1028	16.72	988	15.97	948	15.23	908
17.47	1027	16.70	987	15.95	947	15.22	907
17.45	1026	16.68	986	15.93	946	15.20	906
17.43	1025	16.66	985	15.91	945	15.18	905
17.41	1024	16.65	984	15.89	944	15.16	904
17.39	1023	16.63	983	15.88	943	15.14	903
17.37	1022	16.61	982	15.86	942	15.13	902
17.35	1021	16.59	981	15.84	941	15.11	901
17.34	1020	16.57	980	15.82	940	15.09	900
17.32	1019	16.55	979	15.80	939	15.07	899
17.30	1018	16.53	978	15.78	938	15.05	898
17.28	1017	16.51	977	15.77	937	15.04	897
17.26	1016	16.49	976	15.75	936	15.02	896
17.24	1015	16.47	975	15.73	935	15.00	895
17.22	1014	16.46	974	15.71	934	14.98	894
17.20	1013	16.44	973	15.69	933	14.96	893
17.18	1012	16.42	972	15.67	932	14.95	892
17.16	1011	16.40	971	15.65	931	14.93	891
17.14	1010	16.38	970	15.64	930	14.91	890
17.12	1009	16.36	969	15.62	929	14.89	889
17.10	1008	16.34	968	15.60	928	14.87	888
17.08	1007	16.32	967	15.58	927	14.86	887
17.07	1006	16.31	966	15.56	926	14.84	886
17.05	1005	16.29	965	15.54	925	14.82	885
17.03	1004	16.27	964	15.53	924	14.80	884
17.01	1003	16.25	963	15.51	923	14.78	883
16.99	1002	16.23	962	15.49	922	14.77	882
16.97	1001	16.21	961	15.47	921	14.75	881

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
14.73	880	14.02	840	13.34	800	12.67	760
14.71	879	14.01	839	13.32	799	12.65	759
14.69	878	13.99	838	13.30	798	12.63	758
14.68	877	13.97	837	13.29	797	12.62	757
14.66	876	13.96	836	13.27	796	12.60	756
14.64	875	13.94	835	13.25	795	12.58	755
14.62	874	13.92	834	13.24	794	12.57	754
14.61	873	13.90	833	13.22	793	12.55	753
14.59	872	13.89	832	13.20	792	12.53	752
14.57	871	13.87	831	13.18	791	12.52	751
14.55	870	13.85	830	13.17	790	12.50	750
14.53	869	13.83	829	13.15	789	12.48	749
14.52	868	13.82	828	13.13	788	12.47	748
14.50	867	13.80	827	13.12	787	12.45	747
14.48	866	13.78	826	13.10	786	12.44	746
14.46	865	13.76	825	13.08	785	12.42	745
14.45	864	13.75	824	13.07	784	12.40	744
14.43	863	13.73	823	13.05	783	12.39	743
14.41	862	13.71	822	13.03	782	12.37	742
14.39	861	13.70	821	13.02	781	12.35	741
14.38	860	13.68	820	13.00	780	12.34	740
14.36	859	13.66	819	12.98	779	12.32	739
14.34	858	13.64	818	12.97	778	12.30	738
14.32	857	13.63	817	12.95	777	12.29	737
14.30	856	13.61	816	12.93	776	12.27	736
14.29	855	13.59	815	12.92	775	12.26	735
14.27	854	13.58	814	12.90	774	12.24	734
14.25	853	13.56	813	12.88	773	12.22	733
14.23	852	13.54	812	12.87	772	12.21	732
14.22	851	13.52	811	12.85	771	12.19	731
14.20	850	13.51	810	12.83	770	12.17	730
14.18	849	13.49	809	12.82	769	12.16	729
14.16	848	13.47	808	12.80	768	12.14	728
14.15	847	13.46	807	12.78	767	12.13	727
14.13	846	13.44	806	12.77	766	12.11	726
14.11	845	13.42	805	12.75	765	12.09	725
14.09	844	13.40	804	12.73	764	12.08	724
14.08	843	13.39	803	12.72	763	12.06	723
14.06	842	13.37	802	12.70	762	12.04	722
14.04	841	13.35	801	12.68	761	12.03	721

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
12.01	720	11.38	680	10.76	640	10.16	600
12.00	719	11.36	679	10.74	639	10.14	599
11.98	718	11.35	678	10.73	638	10.13	598
11.96	717	11.33	677	10.71	637	10.11	597
11.95	716	11.31	676	10.70	636	10.10	596
11.93	715	11.30	675	10.68	635	10.08	595
11.92	714	11.28	674	10.67	634	10.07	594
11.90	713	11.27	673	10.65	633	10.05	593
11.88	712	11.25	672	10.64	632	10.04	592
11.87	711	11.24	671	10.62	631	10.02	591
11.85	710	11.22	670	10.61	630	10.01	590
11.84	709	11.20	669	10.59	629	9.99	589
11.82	708	11.19	668	10.58	628	9.98	588
11.80	707	11.17	667	10.56	627	9.96	587
11.79	706	11.16	666	10.55	626	9.95	596
11.77	705	11.14	665	10.53	625	9.94	585
11.76	704	11.13	664	10.52	624	9.92	584
11.74	703	11.11	663	10.50	623	9.91	583
11.72	702	11.10	662	10.48	622	9.89	582
11.71	701	11.08	661	10.47	621	9.88	581
11.69	700	11.06	660	10.45	620	9.86	580
11.68	699	11.05	659	10.44	619	9.85	579
11.66	698	11.03	658	10.42	618	9.83	578
11.64	697	11.02	657	10.41	617	9.82	577
11.63	696	11.00	656	10.39	616	9.80	576
11.61	695	10.99	655	10.38	615	9.79	575
11.60	694	10.97	654	10.36	614	9.77	574
11.58	693	10.96	653	10.35	615	9.76	573
11.57	692	10.94	652	10.33	612	9.75	572
11.55	691	10.93	651	10.32	611	9.73	571
11.53	690	10.91	650	10.30	610	9.72	570
11.52	689	10.90	649	10.29	609	9.70	569
11.50	688	10.88	648	10.28	608	9.69	568
11.49	687	10.86	647	10.26	607	9.67	567
11.47	686	10.85	646	10.25	606	9.66	566
11.46	685	10.83	645	10.23	605	9.64	565
11.44	684	10.82	644	10.22	604	9.63	564
11.42	683	10.80	643	10.20	603	9.62	563
11.41	682	10.79	642	10.19	602	9.60	562
11.39	681	10.77	641	10.17	601	9.59	561

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
9.57	560	9.01	520	8.46	480	7.92	440
9.56	559	8.99	519	8.44	479	7.91	439
9.54	558	8.98	518	8.43	478	7.90	438
9.53	557	8.96	517	8.41	477	7.88	437
9.51	556	8.95	516	8.40	476	7.87	436
9.50	555	8.94	515	8.39	475	7.86	435
9.49	554	8.92	514	8.37	474	7.84	434
9.47	553	8.91	513	8.36	473	7.83	433
9.46	552	8.89	512	8.34	472	7.82	432
9.44	551	8.88	511	8.33	471	7.81	431
9.43	550	8.87	510	8.32	470	7.79	430
9.41	549	8.85	509	8.31	469	7.78	429
9.40	548	8.84	508	8.29	468	7.77	428
9.39	547	8.82	507	8.28	467	7.75	427
9.37	546	8.81	506	8.27	466	7.74	426
9.36	545	8.80	505	8.25	465	7.73	425
9.34	544	8.78	504	8.24	464	7.72	424
9.33	543	8.77	503	8.23	463	7.70	423
9.31	542	8.76	502	8.21	462	7.69	422
9.30	541	8.74	501	8.20	461	7.68	421
9.29	540	8.73	500	8.19	460	7.66	420
9.27	539	8.71	499	8.17	459	7.65	419
9.26	538	8.70	498	8.16	458	7.64	418
9.24	537	8.69	497	8.15	457	7.62	417
9.23	536	8.67	496	8.13	456	7.61	416
9.22	535	8.66	495	8.12	455	7.60	415
9.20	534	8.65	494	8.11	454	7.59	414
9.19	533	8.63	493	8.09	453	7.57	413
9.17	532	8.62	492	8.08	452	7.56	412
9.16	531	8.60	491	8.07	451	7.55	411
9.15	530	8.59	490	8.05	450	7.54	410
9.13	529	8.58	489	8.04	449	7.52	409
9.12	528	8.56	488	8.03	448	7.51	408
9.10	527	8.55	487	8.02	447	7.50	407
9.09	526	8.54	486	8.00	446	7.48	406
9.08	525	8.52	485	7.99	445	7.47	405
9.06	524	8.51	484	7.98	444	7.46	404
9.05	523	8.50	483	7.96	443	7.45	403
9.03	522	8.48	482	7.95	442	7.43	402
9.02	521	8.47	481	7.94	441	7.42	401

SHOT

M.	Points	M.	Points	M.	Points	M.	Points
7.41	400	6.91	360	6.43	320	5.97	280
7.40	399	6.90	359	6.42	319	5.96	279
7.38	398	6.89	358	6.41	318	5.94	278
7.37	397	6.87	357	6.39	317	5.93	277
7.36	396	6.86	356	6.38	316	5.92	276
7.35	395	6.85	355	6.37	315	5.91	275
7.33	394	6.84	354	6.36	314	5.90	274
7.32	393	6.83	353	6.35	313	5.89	273
7.31	392	6.81	352	6.34	312	5.88	272
7.29	391	6.80	351	6.32	311	5.87	271
7.28	390	6.79	350	6.31	310	5.85	270
7.27	389	6.78	349	6.30	309	5.84	269
7.26	388	6.76	348	6.29	308	5.83	268
7.24	387	6.75	347	6.28	307	5.82	267
7.23	386	6.74	346	6.27	306	5.81	266
7.22	385	6.73	345	6.25	305	5.80	265
7.21	384	6.72	344	6.24	304	5.79	264
7.19	383	6.70	343	6.23	303	5.78	263
7.18	382	6.69	342	6.22	302	5.76	262
7.17	381	6.68	341	6.21	301	5.75	261
7.16	380	6.67	340	6.20	300	5.74	260
7.14	379	6.66	339	6.18	299	5.73	259
7.13	378	6.64	338	6.17	298	5.72	258
7.12	377	6.63	337	6.16	297	5.71	257
7.11	376	6.62	336	6.15	296	5.70	256
7.10	375	6.61	335	6.14	295	5.69	255
7.08	374	6.60	334	6.13	294	5.68	254
7.07	373	6.58	333	6.12	293	5.66	253
7.06	372	6.57	332	6.10	292	5.65	252
7.05	371	6.56	331	6.09	291	5.64	251
7.03	370	6.55	330	6.08	290	5.63	250
7.02	369	6.54	329	6.07	289	5.62	249
7.01	368	6.52	328	6.06	288	5.61	248
7.00	367	6.51	327	6.05	287	5.60	247
6.98	366	6.50	326	6.04	286	5.59	246
6.97	365	6.49	325	6.02	285	5.58	245
6.96	364	6.48	324	6.01	284	5.57	244
6.95	363	6.47	323	6.00	283	5.55	243
6.93	362	6.45	322	5.99	282	5.54	242
6.92	361	6.44	321	5.98	281	5.53	241

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
5.52	240	5.09	200	4.68	160	4.29	120
5.51	239	5.08	199	4.67	159	4.28	119
5.50	238	5.07	198	4.66	158	4.27	118
5.49	237	5.06	197	4.65	157	4.26	117
5.48	236	5.05	196	4.64	156	4.25	116
5.47	235	5.04	195	4.63	155	4.24	115
5.46	234	5.03	194	4.62	154	4.23	114
5.45	233	5.02	193	4.61	153	4.22	113
5.43	232	5.01	192	4.60	152	4.21	112
5.42	231	5.00	191	4.59	151	4.20	111
5.41	230	4.99	190	4.58	150	4.19	110
5.40	229	4.98	189	4.57	149	4.18	109
5.39	228	4.97	188	4.56	148	4.17	108
5.38	227	4.96	187	4.55	147	4.16	107
5.37	226	4.95	186	4.54	146	4.15	106
5.36	225	4.94	185	4.53	145	4.14	105
5.35	224	4.93	184	4.52	144	--	104
5.34	223	4.92	183	4.51	143	4.13	103
5.33	222	4.91	182	4.50	142	4.12	102
5.32	221	4.90	181	4.49	141	4.11	101
5.30	220	4.89	180	4.48	140	4.10	100
5.29	219	4.87	179	4.47	139	4.09	99
5.28	218	4.86	178	4.46	138	4.08	98
5.27	217	4.85	177	4.45	137	4.07	97
5.26	216	4.84	176	4.44	136	4.06	96
5.25	215	4.83	175	4.43	135	4.05	95
5.24	214	4.82	174	4.42	134	4.04	94
5.23	213	4.81	173	4.41	133	4.03	93
5.22	212	4.80	172	4.40	132	4.02	92
5.21	211	4.79	171	4.39	131	4.01	91
5.20	210	4.78	170	4.38	130	4.00	90
5.19	209	4.77	169	4.37	129	3.99	89
5.18	208	4.76	168	--	128	--	88
5.17	207	4.75	167	4.36	127	3.98	87
5.16	206	4.74	166	4.35	126	3.97	86
5.15	205	4.73	165	4.34	125	3.96	85
5.13	204	4.72	164	4.33	124	3.95	84
5.12	203	4.71	163	4.32	123	3.94	83
5.11	202	4.70	162	4.31	122	3.93	82
5.10	201	4.69	161	4.30	121	3.92	81

SHOT

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
3.91	80	3.73	60	3.64	50	3.38	20
3.90	79	3.72	59	3.63	49	3.37	19
3.89	78	3.71	58	3.62	48	3.36	18
3.88	77	3.70	57	3.61	47	3.35	17
3.87	76	3.69	56	3.60	46	3.34	16
--	75	3.68	55	--	45	--	15
3.86	74	--	54	3.59	44	3.33	14
3.85	73	3.67	53	3.58	43	3.32	13
3.84	72	3.66	52	3.57	42	3.31	12
3.83	71	3.65	51	3.56	41	3.30	11
3.82	70	3.64	50	3.46	30	3.29	10
3.81	69	3.63	49	--	29	--	9
3.80	68	3.62	48	3.45	28	3.28	8
3.79	67	3.61	47	3.44	27	3.27	7
3.78	66	3.60	46	3.43	26	3.26	6
3.77	65	--	45	3.42	25	3.25	5
--	64	3.59	44	3.41	24	3.24	4
3.76	63	3.58	43	3.40	23	--	3
3.75	62	3.57	42	--	22	3.23	2
3.74	61	3.56	41	3.39	21	3.22	1

HIGH JUMP

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
		1.75	983	1.50	726	1.25	422
		1.74	974	1.49	715	1.24	408
1.98	1193	1.73	964	1.48	704	1.23	395
1.97	1184	1.72	954	1.47	693	1.22	381
1.96	1175	1.71	945	1.46	682	1.21	367
1.95	1166	1.70	935	1.45	670	1.20	353
1.94	1158	1.69	925	1.44	659	1.19	338
1.93	1149	1.68	915	1.43	647	1.18	324
1.92	1140	1.67	905	1.42	635	1.17	309
1.91	1131	1.66	895	1.41	624	1.16	294
1.90	1122	1.65	885	1.40	612	1.15	279
1.89	1113	1.64	875	1.39	600	1.14	264
1.88	1104	1.63	865	1.38	588	1.13	249
1.87	1095	1.62	854	1.37	576	1.12	233
1.86	1086	1.61	844	1.36	564	1.11	217
1.85	1077	1.60	834	1.35	551	1.10	201
1.84	1068	1.59	823	1.34	539	1.09	185
1.83	1059	1.58	813	1.33	526	1.08	168
1.82	1049	1.57	802	1.32	514	1.07	152
1.81	1040	1.56	791	1.31	501	1.06	135
1.80	1031	1.55	781	1.30	488	1.05	117
1.79	1021	1.54	770	1.29	475	1.04	100
1.78	1012	1.53	759	1.28	462	1.03	82
1.77	1002	1.52	748	1.27	449	1.02	64
1.76	993	1.51	737	1.26	435	1.01	45

LONG JUMP

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
7.40	1197	7.00	1117	6.60	1035	6.20	950
7.39	1195	6.99	1115	6.59	1033	6.19	947
7.38	1193	6.98	1113	6.58	1030	6.18	945
7.37	1191	6.97	1111	6.57	1028	6.17	943
7.36	1189	6.96	1109	6.56	1026	6.16	941
7.35	1187	6.95	1107	6.55	1024	6.15	939
7.34	1185	6.94	1105	6.54	1022	6.14	937
7.33	1183	6.93	1103	6.53	1020	6.13	934
7.32	1181	6.92	1101	6.52	1018	6.12	932
7.31	1179	6.91	1099	6.51	1016	6.11	930
7.30	1177	6.90	1097	6.50	1014	6.10	928
7.29	1176	6.89	1095	6.49	1012	6.09	926
7.28	1174	6.88	1093	6.48	1009	6.08	924
7.27	1172	6.87	1091	6.47	1007	6.07	921
7.26	1170	6.86	1089	6.46	1005	6.06	919
7.25	1168	6.85	1087	6.45	1003	6.05	917
7.24	1166	6.84	1084	6.44	1001	6.04	915
7.23	1164	6.83	1082	6.43	999	6.03	913
7.22	1162	6.82	1080	6.42	997	6.02	910
7.21	1160	6.81	1078	6.41	995	6.01	908
7.20	1158	6.80	1076	6.40	992	6.00	906
7.19	1156	6.79	1074	6.39	990	5.99	904
7.18	1154	6.78	1072	6.38	988	5.98	902
7.17	1152	6.77	1070	6.37	986	5.97	900
7.16	1150	6.76	1068	6.36	984	5.96	897
7.15	1147	6.75	1066	6.35	982	5.95	895
7.14	1145	6.74	1064	6.34	980	5.94	893
7.13	1143	6.73	1063	6.33	978	5.93	891
7.12	1141	6.72	1060	6.32	975	5.92	888
7.11	1139	6.71	1058	6.31	973	5.91	886
7.10	1137	6.70	1056	6.30	971	5.90	884
7.09	1135	6.69	1053	6.29	969	5.89	882
7.08	1133	6.68	1051	6.28	967	5.88	880
7.07	1131	6.67	1049	6.27	965	5.87	877
7.06	1129	5.66	1047	6.26	963	5.86	875
7.05	1127	6.65	1045	6.25	960	5.85	873
7.04	1125	6.64	1043	6.24	958	5.84	871
7.03	1123	6.63	1041	6.23	956	5.83	869
7.02	1121	6.62	1039	6.22	954	5.82	866
7.01	1119	6.61	1037	6.21	952	5.81	864

LONG JUMP

M.	*Points*	*M.*	*Points*	*M.*	*Points*	*M.*	*Points*
5.80	862	5.40	771	5.00	677	4.60	578
5.79	860	5.39	769	4.99	674	4.59	576
5.78	857	5.38	766	4.98	672	4.58	573
5.77	855	5.37	764	4.97	669	4.57	571
5.76	853	5.36	762	4.96	667	4.56	568
5.75	851	5.35	759	4.95	665	4.55	566
5.74	848	5.34	757	4.94	662	4.54	563
5.73	846	5.33	755	4.93	660	4.53	561
5.72	844	5.32	752	4.92	657	4.52	558
5.71	842	5.31	750	4.91	655	4.51	556
5.70	839	5.30	748	4.90	652	4.50	553
5.69	837	5.29	745	4.89	650	4.49	551
5.68	835	5.28	743	4.88	648	4.48	548
5.67	833	5.27	741	4.87	645	4.47	546
5.66	830	5.26	738	4.86	643	4.46	543
5.65	828	5.25	736	4.85	640	4.45	541
5.64	826	5.24	734	4.84	638	4.44	538
5.63	824	5.23	731	4.83	635	4.43	535
5.62	821	5.22	729	4.82	633	4.42	533
5.61	819	5.21	727	4.81	630	4.41	530
5.60	817	5.20	724	4.80	628	4.40	528
5.59	815	5.19	722	4.79	626	4.39	525
5.58	812	5.18	720	4.78	623	4.38	523
5.57	810	5.17	717	4.77	621	4.37	520
5.56	808	5.16	715	4.76	618	4.36	517
5.55	805	5.15	712	4.75	616	4.35	515
5.54	803	5.14	710	4.74	613	4.34	512
5.53	801	5.13	708	4.73	611	4.33	510
5.52	799	5.12	705	4.72	608	4.32	507
5.51	796	5.11	703	4.71	606	4.31	505
5.50	794	5.10	701	4.70	603	4.30	502
5.49	792	5.09	698	4.69	601	4.29	499
5.48	789	5.08	696	4.68	598	4.28	497
5.47	787	5.07	693	4.67	596	4.27	494
5.46	785	5.06	691	4.66	593	4.26	492
5.45	782	5.05	689	4.65	591	4.25	489
5.44	780	5.04	686	4.64	588	4.24	486
5.43	778	5.03	684	4.63	586	4.23	484
5.42	776	5.02	681	4.62	583	4.22	481
5.41	773	5.01	679	4.61	581	4.21	479

4.20	476	3.80	368	3.40	255	3.00	135
4.19	473	3.79	366	3.39	252	2.99	132
4.18	471	3.78	363	3.38	249	2.98	129
4.17	468	3.77	360	3.37	246	2.97	125
4.16	465	3.76	357	3.36	243	2.96	122
4.15	463	3.75	355	3.35	240	2.95	119
4.14	460	3.74	352	3.34	237	2.94	116
4.13	457	3.73	349	3.33	234	2.93	113
4.12	455	3.72	346	3.32	232	2.92	110
4.11	452	3.71	343	3.31	229	2.91	107
4.10	449	3.70	341	3.30	226	2.90	103
4.09	447	3.69	338	3.29	223	2.89	100
4.08	444	3.68	335	3.28	220	2.88	97
4.07	442	3.67	332	3.27	217	2.87	94
4.06	439	3.66	329	3.26	214	2.86	91
4.05	436	3.65	327	3.25	211	2.85	88
4.04	434	2.64	324	3.24	208	2.84	84
4.03	331	3.63	321	3.23	205	2.83	81
4.02	428	3.62	318	3.22	202	2.82	78
4.01	425	3.61	315	3.21	199	2.81	75
4.00	423	3.60	312	3.20	196	2.80	72
3.99	420	3.59	310	3.19	193	2.79	68
3.98	417	3.58	307	3.18	190	2.78	65
3.97	415	3.57	304	3.17	187	2.77	62
3.96	412	3.56	301	3.16	184	2.76	59
3.95	409	3.55	298	3.15	181	2.75	55
3.94	407	3.54	295	3.14	178	2.74	52
3.93	404	3.53	293	3.13	175	2.73	49
3.92	401	3.52	290	3.12	172	2.72	46
3.91	398	3.51	287	3.11	169	2.71	42
3.90	396	3.50	284	3.10	166	2.70	39
3.89	393	3.49	281	3.09	162	2.69	36
3.88	390	3.48	278	3.08	159	2.68	33
3.87	388	3.47	275	3.07	156	2.67	29
3.86	385	3.46	272	3.06	153	2.66	26
3.85	382	3.45	269	3.05	150	2.65	23
3.84	379	3.44	267	3.04	147	2.64	19
3.83	377	3.43	264	3.03	144	2.63	16
3.82	374	3.42	261	3.02	141	2.62	13
3.81	371	3.41	258	3.01	138	2.61	10
						2.60	6

200 METERS

Seconds	Points	Seconds	Points	Seconds	Points	Seconds	Points
		25.0	846	29.0	545	33.0	318
		25.1	838	29.1	538	33.1	313
		25.2	829	29.2	532	33.2	308
		25.3	820	29.3	525	33.3	303
		25.4	812	29.4	519	33.4	298
		25.5	803	29.5	513	33.5	293
21.6	1191	25.6	795	29.6	506	33.6	288
21.7	1179	25.7	787	29.7	500	33.7	284
21.8	1168	25.8	779	29.8	497	33.8	279
21.9	1156	25.9	770	29.9	491	33.9	274
22.0	1145	26.0	762	30.0	484	34.0	269
22.1	1134	26.1	754	30.1	478	34.1	265
22.2	1122	26.2	746	30.2	472	34.2	260
22.3	1111	26.3	738	30.3	466	34.3	255
22.4	1100	26.4	730	30.4	460	34.4	251
22.5	1090	26.5	723	30.5	454	34.5	246
22.6	1079	26.6	715	30.6	449	34.6	241
22.7	1068	26.7	707	30.7	443	34.7	237
22.8	1058	26.8	699	30.8	437	34.8	232
22.9	1047	26.9	692	30.9	431	34.9	228
23.0	1037	27.0	684	31.0	425	35.0	223
23.1	1026	27.1	677	31.1	420	35.1	219
23.2	1016	27.2	669	31.2	414	35.2	214
23.3	1006	27.3	662	31.3	408	35.3	210
23.4	996	27.4	655	31.4	403	35.4	205
23.5	986	27.5	647	31.5	397	35.5	201
23.6	976	27.6	640	31.6	392	35.6	197
23.7	966	27.7	633	31.7	386	35.7	192
23.8	957	27.8	626	31.8	381	35.8	188
23.9	947	27.9	619	31.9	375	35.9	184
24.0	938	28.0	612	32.0	370	36.0	180
24.1	928	28.1	605	32.1	365	36.1	175
24.2	919	28.2	598	32.2	359	36.2	171
24.3	909	28.3	591	32.3	354	36.3	167
24.4	900	28.4	584	32.4	349	36.4	163
24.5	891	28.5	578	32.5	344	36.5	159
24.6	882	28.6	571	32.6	339	36.6	155
24.7	873	28.7	564	32.7	333	36.7	151
24.8	864	28.8	558	32.8	328	36.8	147
24.9	855	28.9	551	32.9	323	36.9	143

200 METERS

Seconds	*Points*	*Seconds*	*Points*	*Seconds*	*Points*	*Seconds*	*Points*
37.0	138	38.0	63	39.0	63	40.0	27
37.1	135	38.1	96	39.1	59	40.1	24
37.2	131	38.2	92	39.2	55	40.2	21
37.3	127	38.3	88	39.3	52	40.3	17
37.4	123	38.4	84	39.4	48	40.4	14
37.5	119	38.5	81	39.5	45	40.5	10
37.6	115	38.6	77	39.6	41	40.6	7
37.7	111	38.7	73	39.7	38	40.7	4
37.8	107	38.8	70	39.8	34		
37.9	103	38.9	66	39.9	31		

METRIC AND ENGLISH DISTANCE EQUIVALENTS

Track Events

Meters	Miles	Yards	Feet	Inches
1	0	1	0	3.37
2	0	2	0	6.74
3	0	3	0	10.11
4	0	4	1	1.48
5	0	5	1	4.85
10	0	10	2	9.70
20	0	21	2	7.40
30	0	32	2	5.10
40	0	43	2	2.80
50	0	54	2	.50
60	0	65	1	10.20
70	0	76	1	7.90
80	0	87	1	5.60
90	0	98	1	3.30
100	0	109	1	1.00
110	0	120	0	10.70
200	0	218	2	2.00
300	0	328	0	3.00
400	0	437	1	4.00
500	0	546	2	5.00
1000	0	1093	1	10.00
1500	0	1640	1	3.00
2000	1	427	0	8.00
2500	1	974	0	1.00
3000	1	1520	2	6.00
5000	3	188	0	2.00
10000	6	376	0	4.00

26 Miles – 385 yards = 42 kilometers – 195.1 meters

Yards	Meters
40	36.58
50	45.72
60	54.86
70	64.01
75	68.58
100	91.44
110	100.58
120	109.73
220	201.17
300	274.32
440	402.34
600	548.64
880	804.67
1000	914.40
1320	1207.01

Miles	Meters
1	1,609.3
2	3,218.7
3	4,828.0
4	6,437.4
5	8,046.7
6	9,656.1
7	11,265.4
8	12,874.8
9	14,484.1
10	16,093.5

Field Events

Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters
1	0.305	6	1.829	20	6.096	70	21.336
2	.610	7	2.134	30	9.144	80	24.384
3	.914	8	2.438	40	12.192	90	27.432
4	1.219	9	2.743	50	15.240	100	30.480
5	1.524	10	3.048	60	18.288	200	60.960

Relation of metric to English scale. For measuring or checking courses where no metric tape is available the following table is acceptable:

1 meter = 39.37 inches = 3.2808 feet = 1.0936 yards

1 kilometer = 1,000 meters = 0.621370 miles

DGWS PERFORMANCE RECORD FORM*

Event _____ Time or Distance _____

Name _____ Age _____ Grade _____

Address _____ City _____ State _____

School _____ City _____ State _____

Date of Meet _____

Place of Meet _____

Time of Day _____

State of Weather _____

Force and Direction of Wind _____

Level or Gradient of Ground _____

Correctness of Distance Run, Announced Time, Distance or Height, Hurdle Height _____

Specifications of Weight, Measurement and Materials of Implement _____

_____

Authorized Signatures: We certify that DGWS rules governed this meet and that this application has been completed accurately.

Physical Education Instructor or Coach _____

Meet Director _____

Referee _____

Judge or Timer _____

Recorder _____

_____

* Duplicate this form and send complete information to:
Elizabeth Sadler
University Breckinridge School (Elementary)
Morehead, KY 40351.

GIRLS AND WOMEN'S TRACK AND FIELD RECORDS*

Compiled by ELIZABETH SADLER
Morehead State University, Kentucky

EVENT	TIME OR DISTANCE	NAME AND CITY	YEAR
Elementary School Records (Grades 4-6)			
50-yard dash	6.3 sec.	Debra Bieliora (Glendale, AZ)	1966
75-yard dash	9.0 sec.	Debra Bieliora (Glendale, AZ)	1966
100-yard dash	12.2 sec.	Gay Ann Kapuniai (Kaneohe, HI)	1971
220-yard dash	29.6 sec.	Terrilyn Akuhelo (Kaneohe, HI)	1972
440-yard dash	66.2 sec.	Terrilyn Akuhelo (Kaneohe, HI)	1972
220-yard pursuit relay			
220-yard shuttle relay			
440-yard pursuit relay			
50-yard hurdles			
Shot put (6 lbs)			
Basketball throw	73' 3"	Laura Monoz (Carlsbad, CA)	1973
Softball throw	171' 5"	Sara Coe (Wilmette, IL)	1969
Standing long jump	7' 10"	Jeanne Knight (Holmes Beach, FL)	1964
Running long jump	17' ½"	Nance Viera (Lemore, CA)	1963
Running high jump	4' 5"	Doreen Henry (Webster, NY)	1970
Junior High School Records (Grades 7-9)			
50-yard dash	5.7 sec.	Ambro Walters (Idaho Falls, ID)	1966
100-yard dash	11.3 sec.	Rhea Dawn Harshbarger (Stella, NE)	1972
220-yard dash	26.6 sec.	Patti Robins (Ellenwood, KS)	1970

EVENT	TIME OR DISTANCE	NAME AND CITY	YEAR
440-yard run	60.4 sec.	Anita Bain (Portland, OR)	1972
440-yard run	60.4 sec.	Kathy Kirkpatrick (Springfield, OR)	1972
880-yard run	2:29 sec.	Corinne Beslin (New Iberia, LA)	1972
220-yard pursuit relay	27.7 sec.	Schroeder, Arnoldy, Cordel, Moritz (Tipton, KS)	1970
440-yard pursuit relay	52.7 sec.	Stienseifer, Haynes, Gordon, Farnes (Beaverton, OR)	1971
880-yard pursuit relay	1:53.9 sec.	Moffett, Brewer, Lewis, Pruitt (Clarksville, TN)	1973
50-yard hurdles (2'6")	7.7 sec.	Debbie Lansky (Taylor, MI)	1967
80-yard hurdles (2'6")	(No results received)		
Shot put (8 lbs.)	37' 4½"	Paula Helsby (Hillsboro, OR)	1968
Basketball throw	98'10½"	Victoria Johnson (Youngstown, OH)	1966
Softball throw	225'	Denise Ambrose (Bladensburg, MD)	1965
Standing long jump	9' 2¾"	Pam Frazier (Cincinnati, OH)	1967
Running long jump	18' 2"	Oveta Turner (Florence, AL)	1973
Running high jump	5' 4"	Susan Tracey (State College, PA)	1971

Senior High School Records (Grades 10-12)

50-yard dash	5.9 sec.	C. Cooley (Holt, MI)	1966
100-yard dash	10.3 sec.	M. Gillette (Park Forest, IL)	1967
220-yard dash	23.8 sec.	Margaret Johnson (Lebanon, OR)	1966
440-yard run	56.6 sec.	Nancy Shafer (North Canton, OH)	1971
880-yard run	2:16.6 sec.	Debbie Roth (Eugene, OR)	1972
1-mile run	5:06 sec.	Ray Leen Hooper (Medford, OR)	1972

EVENT	TIME OR DISTANCE	NAME AND CITY	YEAR
1500-meter run	5:51.1 sec.	Cindy Wolke (Stuttgart, Germany)	1972
880-yard run	2:18.8 sec.	Sherry Wells (Florence, OR)	1968
440-yard pursuit relay	47.8 sec.	Boyd, Nelson, Johnson, Hughes (Lebanon, OR)	1966
880-yard pursuit relay	1:42.9 sec.	Brightman, Davis, Lubke, Spruill (Comanche, TX)	1972
880-yard medley relay	1:48.3 sec.	Boyd, Nelson, Hughes, Johnson (Lebanon, OR)	1966
50-yard hurdles	6.7 sec.	Gail Boyd (Lebanon, OR)	1966
80-yard hurdles	10.9 sec.	Lavone Opitz (Redfield, SD)	1972
100-meter hurdles	14.3 sec.	Heidi Davidson (Eugene, OR)	1970
1-mile relay	3:57.0 sec.	Auclair, Johnston, Longnecker, Resche (Waco, TX)	1972
High jump	5' 7"	Toni Churchill (Lincoln, NE)	1972
Shot put	48' 8½"	Dottie Barnes (Gresham, OR)	1971
Softball throw	236' 1"	Debra Mabin (Elwood, KS)	1972
Basketball throw	97'	Kathy Bleau (Schenectady, NY)	1971
Discus throw	147'10"	Beth Smith (Speld, OR)	1971
Javelin throw	145' 9¾"	Arlene Platt (Eugene, OR)	1971
Standing long jump	9' 3½"	Jacqulen Brown (Tuscaloosa, AL)	1972
Running long jump	18'7½"	Fran Auer (Coos Bay, OR)	1970
	College and Open Records		
100-yard dash	10.6 sec.	Rochelle Davis (Texas Woman's University)	1973
220-yard dash	24.2 sec.	Pam Green (Northern Colorado)	1973
440-yard dash	55.2 sec.	Maeoper West (Illinois)	1973

EVENT	TIME OR DISTANCE	NAME AND CITY	YEAR
880-yard run	2:11.0 sec.	Nancy Mullen (Sacramento State)	1973
1500-meter run	(no results received)		
1-mile run	4:45.8 sec.	Teri Anderson (Manhattan, KS)	1972
440-yard pursuit relay	46.7 sec.	Johnson, McClung, Davis, Reid (Texas Woman's University)	1973
880-yard pursuit relay	1:55.2 sec.	Sinolka, Longoria, Woodrow, Byer (Denton, TX)	1969
880-yard medley relay	1:44.3 sec.	Smallwood, Hughes, Clardy, Cheng (Pomona, CA)	1971
1-mile relay	4:00.1 sec.	McClung, Otte, Johnson, Sellars (Texas Woman's University)	1973
80-yard hurdles	10.65 sec.	Pamela Schultz (Falls Church, VA)	1973
100-meter hurdles	14.2 sec.	Donna Schuckenberg (Orion, IL)	1973
100-meter hurdles	14.2 sec.	Wendy Taylor (Western Washington St. Coll.)	1973
200-meter hurdles	27.6 sec.	Pat Hawkins (Brooklyn, NY)	1972
High jump	5' 8"	Audrey Reid (Denton, TX)	1972
Running long jump	20'4¾"	Chi Cheng (Azusa, CA)	1971
Shot put	52' ¾"	Maren Seidler (San Leandro, CA)	1972
Discus throw	154' 7"	Marlene Kurt (Eugene, OR)	1971
Javelin	192' 0"	Sherry Calvert (Redondo Beach, CA)	1972
Softball throw	239'	Marsue Burroughs (Huntington, WV)	1971
Basketball throw	101' 2"	Marsue Burroughs (Huntington, WV)	1971
	Women's Olympic Records		
100-meter dash	11.0 sec.	Wyomia Tyus (USA)	1968
200-meter dash	22.4 sec.	Renate Stecher (East Germany)	1972

EVENT	TIME OR DISTANCE	NAME AND CITY	YEAR
400-meter dash	51.08 sec.	Monika Zehrt (East Germany)	1972
800-meter dash	1:58.6 sec.	Hildegard Falck (Germany)	1972
1500-meter run	4:01.4 sec.	Lyudmila Bragina (Russia)	1972
100-meter hurdles	12:59 sec.	Annelie Ehrhardt (East Germany)	1972
400-meter relay	42.81 sec.	Krause, Mickler, Richter, Rosendahl (West Germany)	1972
4 x 400-meter relay	3:23.0	Zehrt, Kuhne, Seidler, Kasling (East Germany)	1972
Running high jump	6' 3½"	Ulrike Meyfarth (West Germany)	1972
Running long jump	22' 4½"	Viorica Viscopoleanu (Rumania)	1968
Shot put (4 kilo)	69' 0"	Nadezhda Chizhova (Russia)	1972
Discus throw	218' 7"	Faina Melnik (Russia)	1972
Javelin throw	209' 7"	Ruth Fucks (East Germany)	1972
Pentathlon	4801 points	Mary Peters (Great Britain)	1972

GLOSSARY

AAU–Amateur Athletic Union.

Anchor–The final or fourth leg of a relay.

Approach–The run and/or adjustment used by the participant prior to the actual take-off.

Baton–A tubelike object usually made of metal, wood, or paper which is used in a relay race and which is passed from one runner to another.

Blind pass–A relay pass with the receiver moving forward and receiving the baton without looking to the rear.

Break–Leaving the starting blocks before the gun sounds. Making a movement from a set position.

Break in the pit–The mark made by the contestant when landing in the pit.

Breaking for the pole–Cutting over to the inside of the track.

Circle–Competitive area for the shot and discus.

Clapboard–Two pieces of board connected by a hinge and used by the starter in place of a gun. Sometimes referred to as "the clappers."

Clear the watches–Setting the watches back to zero in order to be ready for the next race.

Contestant numbers–Numbers worn on the backs of competitors for identification.

Course–A general term used to indicate the path of a runner.

Crossbar–The bar over which the high jumpers jump.

Cut-down–The dropping of the lead leg in hurdle clearance.

Curb–Inside border of the track.

Dead heat–A race in which two or more runners cross the finish line at exactly the same moment.

Drive leg–The leg exerting the force during stride or take-off.

Exchange zone–An area the width of one lane 22 yards long used in relay races. The baton must be passed from a runner to her teammate while they are in this zone.

False start–Leaving the starting blocks before the gun sounds. Making a movement from a set position.

Field event sheets–Tabulating papers used to record attempts made by competitors in the field events.

Field shoes–Rubber-soled track shoes worn by competitors in field events.

Finish posts–Posts to which the finish tape or string is attached.

Finish yard or tape–The cord stretched across the track directly above the finish line to aid the finish judges in determining which runner first crosses the finish line.

Flight–A round of trials for all contestants in the throwing events and long jumps. In a flight, each contestant is given her first trial before any contestant starts on the second flight. The term is also used to indicate the hurdles to be used by a contestant.

Follow-through–The movement of a part or parts of the body allowing the release of a missile or object.

Foul jump–A jump which is counted as a trial, but which is not measured because of some violation of the field event rule.

Foul throw–A throw which is counted as a trial but which is not measured because of some violation of the field event rule.

Grip–The handhold on a baton or other object.

"Gun is up"–A warning signal to timers and judges that the starter has raised her arm and is about to start the race.

Hand-off–The passing of the baton from the incoming runner to outgoing runner in a relay race.

Heat–A preliminary round of a race, the winners of which participate in the semifinals and finals.

Heat sheet–A form on which the names of the contestants in a race are placed, indicating in which heat they will run.

High jump standards–Uprights which are used to hold the crossbar for the high jump.

Inside lane–The lane on the inside or curb of the track (the one closest to the infield). It is often referred to as the pole position.

International Zone–An area the width of one lane, 11 yards long which may be used by a relay runner to begin running before she receives the baton in the exchange zone.

Jog–Slow, easy, short-stride running action.

Kelly pool balls–Small numbered balls used in drawing for lanes. Sometimes called "shake balls."

Kick–Increased leg speed used at the end of a race.

Lane–The path which is marked on the track for a race or that part of the race during which the runner must stay in the prescribed path.

Lap–One complete circuit of the entire track.

Lead leg–The first leg, or kicking leg, of jumpers. The first leg over a hurdle.

Lead-off runner—The first runner on a relay team.

Leg of a relay–The distance over which one member of a relay team must run.

Medley relay–A relay race in which the members of the relay team run different distances.

NCAA–National Collegiate Athletic Association.

Nonvisual exchange–A baton exchange or pass in which the outgoing runner does not look backward while receiving the baton.

Olympic start–Staggered start on the curve.

Pace–The rate of speed used according to the distance to be run and the available energy of the runner.

Pass–The voluntary giving up of one of a contestant's preliminary or final throws or jumps. Also refers to the actual exchange of a baton.

Passer–The relay runner who "hands off" the baton.

Passing zone–A zone the width of one lane 22 yards long used in relay races. The baton must be passed from a runner to her teammate while they are in this zone.

Pickup zone–The area 11 yards in front of the relay passing zone. An outgoing runner may commence running anywhere in this zone.

Pit–The area in which a long jumper or high jumper lands; usually filled with sand, sawdust or foam rubber.

Pole–The inside or curb lane of a track.

Preliminaries–In running events, they are a series of heats in the same event (used when there are more competitors than there are lanes). In the throws and long jump, preliminaries consist of three trials per competitor. The best are then placed in the finals.

Pursuit relay–A relay in which all runners run in the same counterclockwise direction.

Put—The action of pushing the shot away from the body for distance.

Recall—The calling back of runners after a false start.

Receiver—The runner receiving the baton in a relay race.

Reverse—A follow-through after releasing the shot or other missile.

Runway—The approach to the take-off board or scratch line for field events.

Scratch—Decision not to compete in an event after being listed on event card.

Scratch line—The takeoff line which may not be crossed in the softball throw and javelin throw.

Scratch start—Curving line used in races of 880 yards or longer.

Sector lines—Boundary lines within which a throw must land in order to be a fair throw, as in the javelin throw and discuss throw.

Shot—An iron or brass sphere 4, 6, 8 pounds, or 4 kilos in weight.

Shuttle relay—A relay run on a straightaway, with half of each relay team at opposite ends of the prescribed distance. Alternate runners run back and forth over the same course.

Spikes—Low-cut, lightweight spiked shoes worn by runners to give them faster starts and surer footing.

Staggered start—The start of a race in which runners do not start on a straight line. Usually used in races which are run around a curve.

Starting block—An implement against which runners may place their feet in order to get a fast start at the beginning of a race.

Straddle—Method of high jumping; clearing the bar face down.

Straightaway—Straight area of the track between one curve and the next.

Stride—The distance covered by one step.

Tagging—Touching a relay runner instead of giving her a baton.

Takeoff board—A board from which a long jumper makes her jumps.

Takeoff foot—The foot that drives a contestant from the ground.

Takeoff mark—A spot at which a contestant leaves the ground, as in the high jump and long jump.

Toeboard—A curved piece of wood used as a foul line for a throw.

Torso—That part of the body as distinguished from the head, neck, arms, legs, feet, or hands.

Trail leg–Take-off leg or the rear leg in hurdling.

USTFF–United States Track and Field Federation.

Visual exchange–A baton exchange in which the receiver watches the incoming runner until the pass is completed.

Warm-up–Preparation of the body through light exercise for more vigorous exercise.

Western roll–A method of high jumping; clearing the bar on the side or back.

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